



## **INTRODUCTION**

Thank you for visiting Still Point Therapy. I am here to help you to reach your potential. This booklet is written to assist you for your daily routine. If you got it, it means I asked you to download it and I gave you some exercises or stretches to practice. I pointed the ones you need to do. If you want to do others exercises or stretches, please ask about it. All these exercises are all very valuable and aim to make you stronger, more flexible, prevent injuries and pain or reduce it, also as improving your posture. They need to be done correctly and do not suit everyone.

Still Point Therapy has a holistic vision of the body and person. Your health is important to me.

## **ABOUT THE EXERCISES AND STRETCHES**

If you are concerned about any exercises, please seek guidance from your GP or other health professional. You may proceed to undertake those exercises and stretches in a light-moderate intensity.

- **Repetition and set for rehabilitation**

2 time per day, 5 repetitions, one set.

- **Repetition and set for beginners**

2/3 time per day, 5/10 repetitions, one set.

- **Repetition and set for people with moderate activity**

3 time per day, 10/15 repetitions, one set.

- **Repetition and set for fitter people**

3 time per day, 15/20 repetitions, one set.

## **POSTURE**

Think about your posture wherever you are. Remember to have a balloon on the top of your head that is pulling you up. Relax your shoulders. Bring your chest up and breath from your stomach.

- **Standing**

Think about your balloon and keep your feet apart. Lift and spread your toes. Try to stand out the outside arch of your foot.

- **Sitting**

Think about your balloon. Sit on your sit bones. To stay stable, have a foot at the front and one under your chair.

Now let's start with the exercises and stretches per sections!

## ANKLE EXERCISES



### 1) Resistance exercises

Attach an elastic band around a stable object. Sit on the floor. Wrap the band around your ankle. Bring your foot toward you with the resistance of the band. After a series of 10 to 15, bring your foot in then out

### 2) Single leg balance



This is for your proprioception. We have the highest density of proprioceptors in our armpit, base of skull, and feet. The fact that we are wearing shoes reduces the uses of the nerves on our feet so the rest of the body compensate, which can cause neck pain and other dysfunctions. A good proprioception on your foot can prevent sprains and other injuries.

Simply stand on one leg bare foot, arms out, as long as you can and built up to a minimum of a minute. To increase the difficulty, put your arms down. You can also close your eyes if you are capable to stand more than a minute. You can also use a cushion, towel or one of our inflatable wobble cushion.

### 3) Single leg touch



This exercise replicates various lower extremity patterns. Standing one leg, reach with the other leg, directly forward, diagonally forward, sideways, diagonally backward, straight backward and cross behind. You should draw a star.

#### 4) Alphabet



Or severe sprains after 3 to 5 days, draw the alphabet with your foot.

#### 5) Single arm reach



Reach outward with arms while bending forward and extending one leg. Keep your back and pelvis straight. You can increase the difficulty with weights.



#### 1) Twisted ankle

Bear foot. Put both heels together and one foot goes over the other one. Then bend your knees forward. This will increase the talo-crural joint flexibility and stretch your Fibularis muscles. Hold 10sec 7times.