



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.

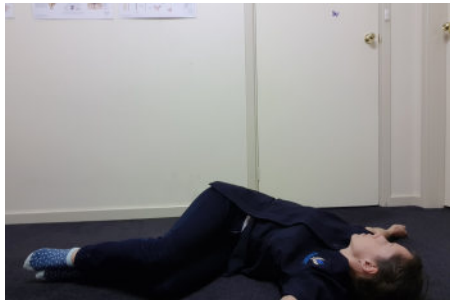
- **Sitting**

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!

LOWER BACK EXERCISES

1) QL stretch



Lie on your back, knees bent, feet on the floor, arms out. Drop both your knees on one side, your legs and hips at 90°. The knee on the top is aligned with the opposite one. Look behind you. You can also cross the bottom leg on the other one.

2) Plank

See shoulder and thorax section



3) Cobra

Classic yoga stretch. Lie on your stomach, your hands near your shoulders on the floor. Push up on your hands, contract your gluts if you want but keep your hips on the floor. Look up

4) Cat and cow



Classic yoga stretch.

On your hands and knees. Place your shins and knees hip-width apart. Center your head in a neutral position.

Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest.

Broaden across your shoulder blades and draw your shoulders away from your ears.

Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back.

Release the crown of your head toward the floor, but don't force your chin to your chest.

Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose.

5) Side stretches

Standing with your balloon above your head, drop one hand toward your knee.

You can also keep your feet apart, one hand on your hip and reach up with the other arm and stretch.



1) Butt wink

Standing, squeeze your gluts to rotate your pelvis posteriorly. Keep your knees straight. 7times



2) Waiters bow

Bend over from your hips, contracting your lower back muscles (Multifidus). Keep bending without losing the control and not using your upper back to cheat. Cross your arm on your shoulders.

Hold 10sec 7times

LEGS STRETCHES

1) Posterior group stretch with band



Stiffness in the hamstrings can be responsible of herniated disk. It's important to keep the flexibility on your legs and hips.

Lie on your back. Take your elastic band and place your feet in the middle. Pull the band and lift your legs straight, up to the ceiling. Keep them straight. You can increase or reduce the resistance adjusting the length on the band. Drop one leg and stretch the other one. Swap. You can also drop the leg you are stretching on the side.

2) Posterior group stretch on the wall



Lie on the floor near a wall. Contact the wall with your buttock and have your legs resting on the wall straight. Lift one leg off the wall if possible. Maintain the position and alternate with the other leg. Then lift both your legs off the wall.

If not flexible enough, keep your buttock away from the wall and build up your flexibility. You can also drop your legs on the side, which will stretch your adductors.



3)Posterior group stretch

Stand tall, hands on your hips. Slightly bend forward keeping your back straight and push your sit bones back. You should feel a stretch all along the back of your legs.

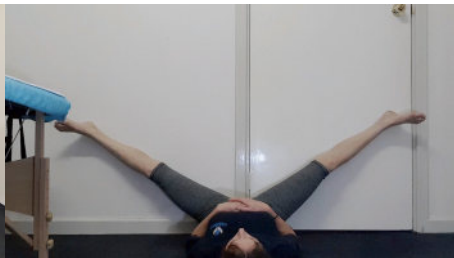
4) Quads stretch



See the psoas stretches.

Also, stand tall on one leg with or without a support. Grad with one or two hands your foot, that you are bringing to your buttock. Point your knee down. Keep your shoulders down and push your pelvis forward by contracting your gluts.

Alternatively, stretch knees on the floor. One at the front and grab the foot at the back with opposite hand.



5) Adductors stretch

1. Do not attempt this exercise if you have knees pain. On the floor, hands together, elbows and knees on the floor. Your knee apart as much as you can. Neck in neutral position. Your shins parallel to your body as much as possible. Push your sit bones back. You should feel a stretch inside your leg.

2. Alternatively, see posterior stretches with band and on the wall.

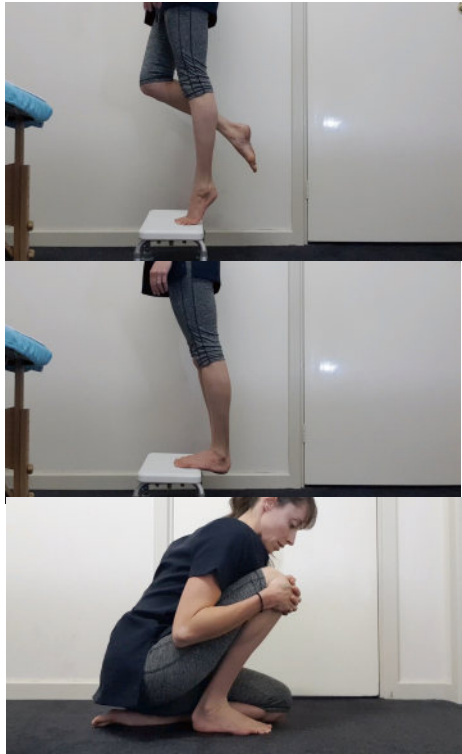
3. You can also stand, hands on your hips, feet apart. Tilt your pelvis side to side and forward. Spread your legs further to increase the stretch.



4. The butterfly. Sitting on the floor, feet together, hands on your feet, drop your knees out. Keep your back tall, shoulders down. Sit on your sit bones. You can also bring your hands on the floor in front of you to increase the stretch.



6) Calf raises



Put your toes on the edge of a step, supporting yourself with something for stability. Bring your heels down then push off your toes. Come back down and feel the stretch on your calves. Repeat.

7) Squats and lunges

There are classic exercises to maintain the strength of your hips and knees.

CALF STRETCH

On your knees on the floor, resting on your feet. Sit tall. Lift one leg, put the foot flat on the floor. Lean forward.