



## **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!

## **NECK EXERCISES**

### **1) Chin tuck and lift**



Lie on your back knees bent, shoulders down. Tuck your chin toward your chest and keep your head on the floor. This stretches the neck. Hold the position. **CAUTION:** do not lift your stomach. To strengthen the neck muscles, lift your head gently.

### **2) Hand crawl with chin tuck**



Same position as above, one hand on your chest, the other near your head. Point the elbow toward the ceiling. Tuck your chin and crawl your hand up. This exercise aims to stabilize your neck and your scapula.

### **3) Quadruped cervical series**



On your hands and knees, back straight and aligned. Practice flexion, extension and rotate side to side in a controlled manner. You can also reach one arm up maintaining that position. If your balance is good, lift also the opposite leg.

#### 4) [Chair position head flexion on wall](#)



Sitting on a chair against the wall. Raise your arms at 90° contacting the wall. Maintain the position and lift your fingertips up. CAUTION: don't go too high or you will bend your elbows. If too difficult, you can have the arms in front of you or slightly on the side, still at 90°.

#### 5) [Supported capital flexion](#)



Sitting on a chair against a wall or in your car. Arms are supported in front of you. Align your entire back. Tuck your chin and push your head against the wall. You should feel tension at the front your neck and stretch at the back.

#### 6) [Neck stretches](#)



Bring your chin to your nipple then armpit, shoulder, up then same on the other side. Grab your forehead with one hand and pull sideways. You can internally rotated your opposite arm to increase the stretch.