



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!

SHOULDER AND THORACIC EXERCISES

1) The “Ts”



Lie on your stomach, forehead on the floor.

Bring your arms at 90°, perpendicular to your body, THUMBS UP. Focus your attention to the middle of your shoulder blades and contract this area. Your arms should lift toward the ceiling.

CAUTION: you do not need to lift your arms high. Make sure they stay at 90° and that you are not bringing them toward your body.

2) The “Ys”



Lie on your stomach, forehead on the floor. Put your arms up like a “Y”. Same as above, raise your arms in a controlled manner.

CAUTION: do not hyperextend your spine

3) The “W’s”



Lie on your stomach, forehead on the floor. Make the shape of a “W” with your arms and make sure your forearms are as parallel to the floor as possible. Raise your arms in a controlled manner.

4) Double arm support



Face the wall, arms at 90° on the wall. Engage your core, keep your neck long. The aim is to align your scapulas.



5) **Plank lift off**

Same position as above. Lift one arm off the wall in a slow and controlled manner. Come back to the initial position and alternate with other arm.

CAUTION: do not turn your back



6) **Reach up**

Same as above but lift you arm up

7) **Resistance exercises**



Attach a resistance band on a door at the level of your elbow. Bend your elbow at 90°. If you want to practice internal rotation with your right arm, stand next to the door, your right arm close to the door, and pull toward your body. If you want to practice external rotation with your left arm, stand next to the door, your left arm away from the door and pull the band outward. You can also face the door and pull backward to strengthen your back muscles.

You can also do external rotations simultaneously holding the band with both hands and pulling outward.



8) Hand crawl

Position yourself on a semi squat on the wall, feet hip width apart. Make sure your buttock, lumbar and thoracic areas are aligned on the wall. With one hand, contact the wall with the tip of your fingers, elbow pointing forward. Crawl your fingers up to the wall maintaining the position.

CAUTION: avoid lateral translation of your elbow.



9) Plank

This is a basic plank that is beneficial for your entire core.

Make sure you contract the pelvic floor, your gluts muscles, your abdominals and keep your shoulders relaxed. Your back needs to be as straight as possible. Stay as long as you can.

CAUTION: don't round your shoulders and thoracic area.

You can also do a side plank on your elbows or hands with the top leg slightly in front of the bottom leg for stability. You can also lift the top leg if you are strong enough.

10) Towel



Lie on the floor on your back with a rolled towel along your spine from the end of our neck to your mid back. Relax your hands on your thorax. If you want to increase the stretch, open your arms at 90°. This exercise relaxes the muscles and the ligaments of the back. It can be painful. If so, don't do it.



11) Broom

Position the broom like the picture. Twist your body side to side and in rotation. You can pull your hands further on the broom or bring the bar lower on your back to increase the stretch



12) Shoulder rolls

Place your hands on your shoulders. Roll your shoulders backwards 20 times



13) horacic killer and airport controller

Spread your feet apart. Bring your arms on your thighs. Tuck your chin. Lift one arm up as high as possible. Hold 20sec then bend your elbow and twist to bring your elbow up and being you. Swap side. 3 times each side.

This will help your hunching posture, forward head and back mobility.

IN CASE OF FROZEN SHOULDER

Frozen shoulder affects mainly women over 40 but men can also get it. It generally takes one year to go away but getting treatments will improve the conditions and help you to heal and get stronger faster. You also need to keep moving when you are not in acute pain.

Your therapist will give you the appropriate exercises but, when you are not in acute pain, you can also:

- 1) Go to the pool: immerse your arms and shoulder under water and let your arms float horizontally. Gently lower your limb and bring it back down.
- 2) Lift your frozen arm up: hang a hook on a door and put a rope on it. Grab one end with your good arm and the other end with your bad arm. Pull with your good arm in order to lift the other one passively and stretch it.
- 3) Face a ladder and leave your arm on a step. Progressively try to raise your arm to the next level, bring it back down.
- 4) When you are getting better, do some push-ups on the