


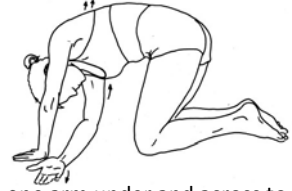

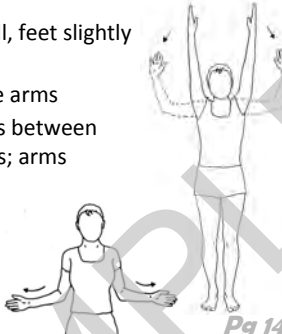






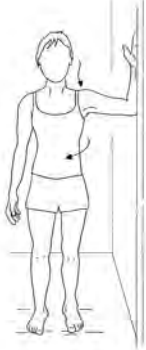





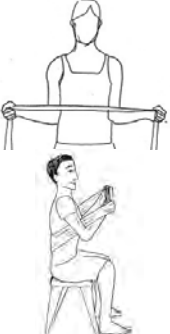





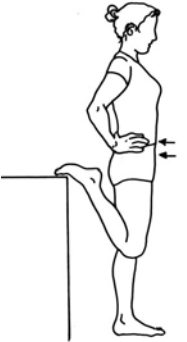

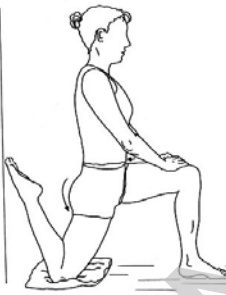







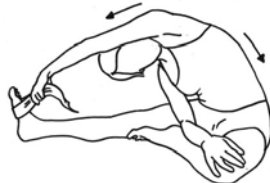
# 1. Neck and Mid-back Stretches and Stability Posture Tips

<p><b>1. Neural Exercise</b></p>  <ul style="list-style-type: none"> <li>* Extend arm to the side</li> <li>* Imagine there is a wall, gently bend your arm and almost straighten it, while moving your hand toward and away from the imaginary wall</li> <li>* Now repeat with palm up</li> </ul> <p><i>Pg 48</i></p>	<p><b>2. Pectoral stretch</b></p>  <ul style="list-style-type: none"> <li>* Place hand on doorway</li> <li>* Gently lean forward and feel the stretch across the front of your chest</li> </ul> <p><i>Pg 155</i></p>	<p><b>3. Thoracic spine stretch</b></p>  <ul style="list-style-type: none"> <li>* Start with elbows bent, and fingers clasped behind your head</li> <li>* Raise the top elbow up and turn your chest towards the ceiling</li> <li>* Now straighten the arms and repeat the stretch</li> </ul> <p><i>Pg 52</i></p>	<p><b>4. Mid-back stretch</b></p>  <ul style="list-style-type: none"> <li>* Stretch one arm under and across to the other side.</li> <li>* Push the back of hand into the floor. You should feel the stretch under the shoulder blade</li> </ul> <p><i>Pg 156</i></p>
<p><b>5. Side neck stretch</b></p>  <ul style="list-style-type: none"> <li>* Sit on your hand palm facing up</li> <li>* Place other hand over your head</li> <li>* Pull gently down with your shoulder</li> <li>* Bend the trunk to increase the stretch on the neck</li> </ul> <p><i>Pg 146</i></p>	<p><b>6. Standing mid-back stretch</b></p>  <ul style="list-style-type: none"> <li>* Stand against a wall, feet slightly away from the wall</li> <li>* Now outstretch the arms</li> <li>* Engage the muscles between the shoulder blades; arms should touch the wall</li> </ul> <p><i>Pg 144</i></p>	<p><b>7. Posture check and Flutter</b></p>  <ul style="list-style-type: none"> <li>* Stand tall</li> <li>* Relax and breathe</li> <li>* Imagine a marble under the arch of your foot. Gently lift your arch up but do NOT claw the toes</li> <li>* Now keep your neck relaxed as you flutter your hand</li> </ul> <p><i>Pg 77 NBW</i></p>	<p><b>8. Sitting posture correction</b></p>  <ul style="list-style-type: none"> <li>* Think to stand, initiate this movement</li> <li>* Then relax</li> <li>* Use your hands on the side of the chair and push up gently to maintain your lumbar lordosis</li> </ul>
<p><b>9. Isometric neck exercises</b></p>  <ul style="list-style-type: none"> <li>* Place your fingers at the base of the neck</li> <li>* Engage the neck muscles as you look up all 8 directions</li> <li>* Hold 10 sec each position</li> <li>* <b>Progression:</b> Eyes look right, head turns right. Then eyes back to midline, head back to midline. Repeat in all 8 directions</li> </ul> <p><i>Pg 151</i></p>	<p><b>10. Deep neck flexors</b></p>  <ul style="list-style-type: none"> <li>* Lie on back with knees bent</li> <li>* Place hand on the strap muscle at front of neck</li> <li>* Be sure it stays relaxed as you tuck the chin slightly and push the back of the head gently into the floor</li> <li>* Hold 10 sec; repeat 2-3 times</li> </ul> <p><i>Pg 153</i></p>	<p><b>11. Neck extensors</b></p>  <ul style="list-style-type: none"> <li>* Lie face down with your forehead in your hands</li> <li>* Engage the muscles very slightly between the shoulder blades; keep breathing</li> <li>* Progress to "thinking about lifting the head off the floor"</li> <li>* Maintain this gentle lift for 5 breaths</li> </ul> <p><i>Pg 153</i></p>	<p><b>Special instructions</b></p> <ul style="list-style-type: none"> <li>*</li> <li>*</li> <li>*</li> </ul> <p><b>Therapist / Practice</b></p>





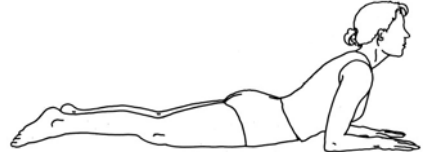



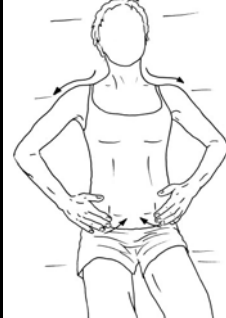



## 2. Shoulder Stretches, Stability and Basic Strengthening

<p><b>1. Nerve mobility</b></p>  <ul style="list-style-type: none"> <li>* Extend arm to the side</li> <li>* Imagine there is a wall, gently bend your arm and almost straighten it, while moving your hand toward and away from the imaginary wall</li> </ul> <p><i>Pg 48</i></p>	<p><b>2. Neck and pectoral stretch</b></p>  <ul style="list-style-type: none"> <li>* Place hand on the wall and gently stretch the body away</li> <li>* Now place your hand on a doorway frame and lean forward</li> <li>* Pull the shoulder back and down</li> </ul> <p><i>Pg 155</i></p>	<p><b>3. Advanced shoulder stretch</b></p>  <ul style="list-style-type: none"> <li>* Place your hand up high on a wall with fingers outstretched</li> <li>* Now move your hand back and stretch even higher</li> <li>* Place other hand under the shoulder being stretched and rotate the body away from the wall</li> </ul> <p><i>Pg 76 NBW</i></p>	<p><b>4. Yoga stretch</b></p>  <ul style="list-style-type: none"> <li>* Place feet at right angles to each other with one foot against a wall</li> <li>* Place back of hand onto mid-shin level</li> <li>* Outstretch the top arm</li> <li>* Be sure to look to the front</li> </ul>
<p><b>5. Shoulder set plus flutter</b></p>  <ul style="list-style-type: none"> <li>* Stand with your back against a wall</li> <li>* Position the shoulder back and down</li> <li>* Flutter the hand for stability endurance; 0-30°, 30-60°, 60-90°</li> <li>* Rest when you fatigue then repeat</li> </ul> <p><i>Pg 77 NBW</i></p>	<p><b>6. Side-lying shoulder stability: Serratus</b></p>  <ul style="list-style-type: none"> <li>* Place a towel under your elbow and squeeze</li> <li>* Keep upper trapezius relaxed as you lift the weight up</li> <li>* Set shoulders back and down; start with 1.5 kilos</li> </ul>	<p><b>7. External rotation</b></p>  <ul style="list-style-type: none"> <li>* Secure an exercise band to a door handle</li> <li>* Set the shoulder, then outwardly rotate the hand 0-90°</li> <li>* Gradually progress to 90-180°</li> <li>* Repeat 6—8 times</li> </ul> <p><i>Pg 78 NBW</i></p>	<p><b>8. Mid-back strengthening</b></p>  <ul style="list-style-type: none"> <li>* Hold band in both hands, and set your shoulders</li> <li>* Keep elbows by sides, turn arms out, and then control the movement back in</li> <li>* Wrap band behind back, and wrap around both thumbs. Lift up and forward, then back down</li> </ul> <p><i>Pg 159</i></p>
<p><b>9. Mid-back strengthening</b></p>  <ul style="list-style-type: none"> <li>* With the band tied to the door and holding each end, start with elbows at 90°, set shoulders and extend the elbows</li> <li>* Repeat 8 times</li> <li>* Progress to using straight arms</li> </ul> <p><i>Pg 243</i></p>	<p><b>10. Biceps curl</b></p>  <ul style="list-style-type: none"> <li>* While sitting use a light weight (1-2kg)</li> <li>* Press elbow into towel or books</li> <li>* 'Set' the shoulder</li> <li>* Do a modified biceps curl 0-45°</li> <li>* Control the movement both ways</li> <li>* Repeat 8 times</li> </ul>	<p><b>11. Pulley</b></p>  <ul style="list-style-type: none"> <li>* Secure a pulley up high with the door closed</li> <li>* Set the shoulders</li> <li>* Keep the elbows slightly bent as you pull the pulley down and control the movement as the arms are raised</li> <li>* Repeat 8 times</li> </ul>	<p><b>Special instructions</b></p> <ul style="list-style-type: none"> <li>*</li> <li>*</li> <li>*</li> </ul> <p><b>Therapist / Practice</b></p>



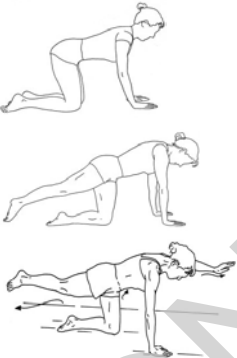
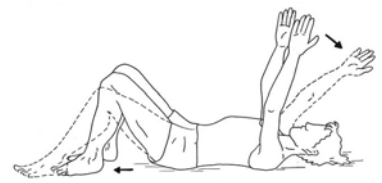

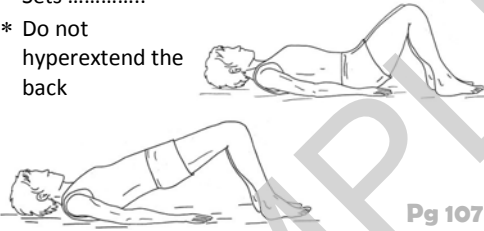


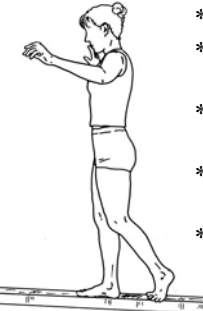


# 3. Hip and Leg Stretches

<p><b>1. Quads stretch</b></p>  <ul style="list-style-type: none"> <li>* Place foot on to a table or chair</li> <li>* Do Not overarch the lower back</li> <li>* Tuck the abdomen in (posterior pelvic tilt)</li> <li>* Bend the other knee to increase the stretch</li> </ul> <p><i>Pg 130 NBW</i></p>	<p><b>2. Hip flexor stretch</b></p>  <ul style="list-style-type: none"> <li>* While kneeling tuck the abdomen in (posterior pelvic tilt)</li> <li>* Isometrically draw the heel and knee together</li> <li>* Shift your body forward without overarching your back to improve the stretch</li> </ul> <p><i>Pg 133</i></p>	<p><b>3. Advanced hip flexors</b></p>  <ul style="list-style-type: none"> <li>* Kneeling place the foot onto a wall</li> <li>* Draw the abdomen in and tuck the pelvis and tailbone in and under</li> <li>* You should feel the stretch on your quads</li> </ul> <p><i>Pg 133</i></p>	<p><b>4. Inner thigh stretch</b></p>  <ul style="list-style-type: none"> <li>* Place hands on a table, legs wide, bend one knee and drop into this hip</li> <li>* Can be done without using a table and just place hands on your hips</li> </ul> <p><i>Pg 129</i></p>
<p><b>5. Standing hip stretch</b></p>  <ul style="list-style-type: none"> <li>* Place foot on a table, keep back straight, and lean forward</li> <li>* Be sure the heel is directly in front of the hip</li> <li>* Lean your upper body onto the table to increase the stretch</li> </ul> <p><i>Pg 120 NBW</i></p>	<p><b>6. Outer hip stretch</b></p>  <ul style="list-style-type: none"> <li>* Both knees bent with belt or your hand around the foot</li> <li>* Now take this leg across the body</li> <li>* Keep the knee close to the opposite shoulder</li> <li>* Push the hip into the floor</li> </ul> <p><i>Pg 127</i></p>	<p><b>7. Hamstring stretch</b></p>  <ul style="list-style-type: none"> <li>* Start with both knees bent</li> <li>* Point and flex your foot</li> <li>* Progress to using a belt around the foot and gradually straighten the knee</li> </ul> <p><i>Pg 125</i></p>	<p><b>8. ITB (Iliotibial Band)</b></p>  <ul style="list-style-type: none"> <li>* Point toes, with belt around foot</li> <li>* Take the leg across the body approx. 30°</li> <li>* Face the kneecap away from the body</li> <li>* Push the hip into the floor</li> </ul> <p><i>Pg 129 NBW</i></p>
<p><b>9. Anterior hip release</b></p>  <ul style="list-style-type: none"> <li>* Lie with one knee bent and out to one side</li> <li>* Gently let the front of the hip release and relax on to the floor. There must be no pain!</li> </ul> <p><i>Pg 134</i></p>	<p><b>10. Calf and achilles stretch</b></p>  <ul style="list-style-type: none"> <li>* Standing on edge of step drop the heel down</li> <li>* Turn the foot in, then out to improve the stretch</li> <li>* For achilles, progress to doing the same exercise with a bent knee</li> </ul> <p><i>Pg 148 NBW</i></p>	<p><b>11. Side trunk stretch</b></p>  <ul style="list-style-type: none"> <li>* While sitting place one hand on to the outside of the other knee</li> <li>* Now stretch the other hand over the head and look under this arm</li> <li>* Be gentle! Progress to using a belt</li> </ul> <p><i>Pg 158</i></p>	<p><b>Special instructions</b></p> <ul style="list-style-type: none"> <li>*</li> <li>*</li> <li>*</li> </ul> <p><b>Therapist / Practice</b></p>

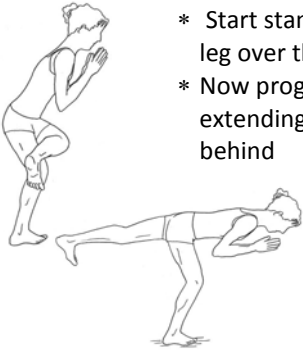

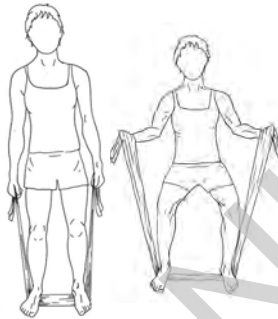

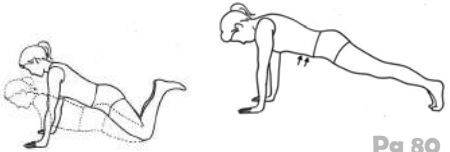
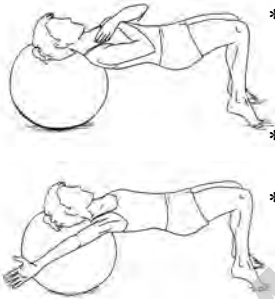





# 4. Hip Flexor and Back Releases; Nerve Mobility and Basic Stability

<p><b>1. Hip flexor release</b></p>  <ul style="list-style-type: none"> <li>* Place both feet over a chair or the lounge</li> <li>* Tighten the quads, relax, and then relax them again</li> <li>* Keep breathing</li> <li>* Goal is to relax the hip flexors as much as possible</li> </ul> <p>Pg 56</p>	<p><b>2. Nerve mobility</b></p>  <ul style="list-style-type: none"> <li>* Lying on your side with both knees bent, pillow in between</li> <li>* Place your hand behind on your back muscles and keep them relaxed as you straighten your knee and flex and point your foot</li> </ul> <p>Pg 51</p>	<p><b>3. Back release</b></p>  <ul style="list-style-type: none"> <li>* On hands and knees gently let the back drop down then curve upwards</li> <li>* Now with knees wide, keep the arms outstretched as you release the lower back</li> </ul>  <p>Pg 118</p>	<p><b>4. Gentle extension</b></p>  <ul style="list-style-type: none"> <li>* Propped up on your elbows draw your chest upwards and forward</li> <li>* Alternatively lying on your back and stretch over a towel</li> </ul> <p>Pg 118</p>
<p><b>5. Outer hip stretch</b></p>  <ul style="list-style-type: none"> <li>* Cross one leg over the other</li> <li>* Hug the knee to the chest</li> <li>* You will feel a stretch on your outer hip</li> </ul>	<p><b>6. Breathing basics</b></p>  <ul style="list-style-type: none"> <li>* Lying on back, neck and shoulders relaxed, place one hand on the chest, the other on the lower abdomen</li> <li>* Breathe in to the abdomen and laterally into the diaphragm</li> <li>* Keep the upper chest relaxed</li> </ul> <p>Pg 94</p>	<p><b>7. Pelvic Floor (PF)</b></p>  <ul style="list-style-type: none"> <li>* Breathe in and as you breathe out engage PF</li> <li>* Keep breathing</li> <li>* Hold for 5-10 seconds</li> <li>* Repeat 4-5 times</li> </ul> <p>Specific instructions:</p> <p>Pg 95</p>	<p><b>8. Pelvic floor + Transversus Abdominus (TA)</b></p>  <ul style="list-style-type: none"> <li>* Breathe in and as you breathe out engage PF and TA</li> <li>* Keep breathing</li> <li>* Repeat 5-10 times</li> <li>* Maintain the muscles engaged for 5-10 seconds</li> </ul> <p>Pg 96</p>
<p><b>9. PF/TA: Knee dropout</b></p>  <ul style="list-style-type: none"> <li>* While maintaining PF/TA let the knee drop outwards approx 30°</li> <li>* Repeat both sides</li> <li>* Now do this exercise again while breathing in a relaxed manner</li> <li>* Keep back and pelvis stable without bracing</li> </ul> <p>Pg 96</p>	<p><b>10. PF/TA four point kneel</b></p>  <ul style="list-style-type: none"> <li>* On hands and knees let the abdomen drop down; maintain normal curve of the back</li> <li>* Now draw PF/TA in, keep breathing</li> <li>* Progress to extending then lifting opposite arm and leg</li> </ul> <p>Pg 103</p>	<p><b>11. Supine stability</b></p>  <ul style="list-style-type: none"> <li>* While lying on the back engage PF/TA and then extend opposite arm and leg</li> <li>* Progress by repeating the exercise on a soft beam or roller</li> <li>* Keep back and pelvis stable</li> </ul> <p>Pg 100</p>	<p><b>Special instructions</b></p> <ul style="list-style-type: none"> <li>*</li> <li>*</li> <li>*</li> </ul> <p><b>Therapist / Practice</b></p>





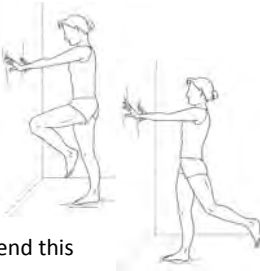





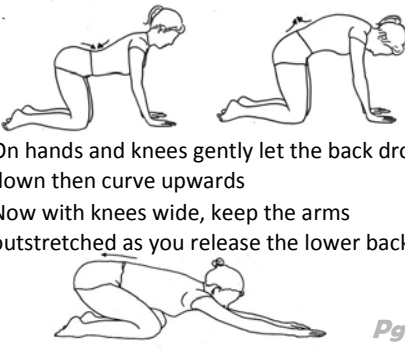
# 5. Back and Hip Stability - Level 1

<p><b>1. Breathing</b></p>  <ul style="list-style-type: none"> <li>* Lying on back, neck and shoulders relaxed, place one hand on the chest, the other on the lower abdomen</li> <li>* Breathe in to the abdomen and laterally into the diaphragm</li> <li>* Keep the upper chest relaxed</li> </ul> <p>Pg 94</p>	<p><b>2. Pelvic floor/TA with leg drop out</b></p>  <ul style="list-style-type: none"> <li>* Breathe in and then out. As you exhale engage PF and TA</li> <li>* Progress to single knee drop outs</li> <li>* Keep back and pelvis stable, do not over arch the back</li> </ul> <p>Pg 96</p>	<p><b>3. PF/TA four point kneel</b></p>  <ul style="list-style-type: none"> <li>* On hands and knees let the abdomen relax</li> <li>* Maintain the slight curve in your back</li> <li>* Now draw PF/TA gently upwards; continue to breathe</li> <li>* Progress to extending one leg, then to opposite arm and leg</li> </ul> <p>Pg 103</p>	<p><b>4. PF/TA with opposite arm and leg</b></p>  <ul style="list-style-type: none"> <li>* Relaxed spine, do not flatten the back</li> <li>* Now engage TA/PF and progress to extending opposite arm and leg</li> <li>* Repeat 4-5 times on each side</li> </ul> <p>Pg 101</p>
<p><b>5. Quadratus Femoris (QF)</b></p> <ul style="list-style-type: none"> <li>* Lie on your side with a towel between your knees</li> <li>* Place your hand between your hip bone and sitting bone</li> <li>* Draw the femur into the socket while pushing heels together</li> <li>* Tap the foot</li> <li>* Do a small lift of the top knee</li> </ul>  <p>Pg 106</p>	<p><b>6. Gluteus Minimus</b></p> <ul style="list-style-type: none"> <li>* Draw an imaginary band from one hip to the other together into the midline</li> <li>* Next raise the hips and do 10 small glute lifts</li> <li>* Sets .....</li> <li>* Do not hyperextend the back</li> </ul>  <p>Pg 107</p>	<p><b>7. Gluteus Medius (advanced)</b></p> <ul style="list-style-type: none"> <li>* Lying on side let the top knee relax on to the floor</li> <li>* Place your hand on to your hip and feel the muscle as you shorten the femur and lift the knee 30° above the midline</li> </ul>  <p>Pg 108</p>	<p><b>8. Multifidus</b></p>  <ul style="list-style-type: none"> <li>* Lie prone breathe in and as you breathe out engage and TA</li> <li>* Check if your deep back muscles engage as you do this</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>* Think of lifting one leg</li> <li>* Next repeat while standing and raising one arm</li> </ul> <p>Pg 103 &amp; 99</p>
<p><b>9. Using beam with flutter</b></p>  <ul style="list-style-type: none"> <li>* Stand on the beam</li> <li>* Breath as you maintain stability</li> <li>* Flutter one hand will assist with balance</li> <li>* Progress by walking along a beam slowly</li> <li>* Hold a dura disc in one hand</li> </ul> <p>Pg 146 NBW</p>	<p><b>10. Sitting stability with flutter</b></p>  <ul style="list-style-type: none"> <li>* Using either a chair or fit ball</li> <li>* Think about going to stand up, initiate the movement, now relax there</li> <li>* Add hand flutter</li> <li>* Progress to raising one arm then the other while core is still engaged</li> </ul> <p>Pg 239</p>	<p><b>11. Stability with mini squats</b></p>  <ul style="list-style-type: none"> <li>* When you are standing go to sit down and let the arms float upwards</li> <li>* Return to standing</li> <li>* It should feel natural and you will feel the stability muscles engage</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>* Press your fingertips together and repeat</li> </ul> <p>Pg 108</p>	<p><b>Special instructions</b></p> <p>* * *</p> <p><b>Therapist / Practice</b></p>









# 6. Back and Hip - Stability and Strengthening - Level 2

<p><b>1. Single leg stability</b></p>  <ul style="list-style-type: none"> <li>* Start standing, cross one leg over the other</li> <li>* Now progress to extending the leg out behind</li> <li>* Try to stay parallel to the floor</li> <li>* Hold .....</li> </ul> <p>Pg 110</p>	<p><b>2. Hip stability</b></p>  <ul style="list-style-type: none"> <li>* Place a band under each foot</li> <li>* Stabilise the band on each hip</li> <li>* Step sideways but control the band as you return back to the middle.</li> <li>* Repeat x 10 each side</li> </ul> <p>Pg 243</p>	<p><b>3. Gluteal strengthening plus bicep curl</b></p>  <ul style="list-style-type: none"> <li>* Band around feet</li> <li>* Step sideways</li> <li>* Do a biceps curl</li> <li>* Return to midline</li> <li>* Repeat each side x.....</li> </ul> <p>Pg 244</p>	<p><b>4. Gluteal strengthening into extension</b></p>  <ul style="list-style-type: none"> <li>* With a band around ankles take a step in one direction dropping into slight squat position</li> <li>* Repeat each side x.....</li> <li>* Progress to stepping backwards approx. 45°</li> </ul>
<p><b>5. Push ups and progress to plank</b></p> <ul style="list-style-type: none"> <li>* Maintain a straight spine as you start push ups on your knees. Repeat 8 times</li> <li>* Progress to a full plank position. Hold .....</li> </ul> <p><b>Progression:</b> Take one leg off the floor</p> <ul style="list-style-type: none"> <li>* Keep chin tucked in and eyes looking ahead</li> </ul>  <p>Pg 80</p>	<p><b>6. Gluteal strengthening</b></p>  <ul style="list-style-type: none"> <li>* Sit on the ball and roll down so your head is resting on the ball</li> <li>* Use the glutes to lift your pelvis</li> <li>* Progress to doing on toes and extending both arms</li> </ul> <p>Pg 241</p>	<p><b>7. Sit to stand</b></p>  <ul style="list-style-type: none"> <li>* Hold a 1.5kg weight with your finger tips.</li> <li>* Go to sit on a chair but stop just short of it</li> <li>* Repeat 8 times</li> </ul> <p>Pg 251</p>	<p><b>8. Sword draw</b></p>  <ul style="list-style-type: none"> <li>* Place band around your opposite foot</li> <li>* In a slight squat position now take the band across the body, up and outwards</li> </ul>
<p><b>9. Glute and leg strengthening</b></p>  <ul style="list-style-type: none"> <li>* Maintain a straight spine and look ahead</li> <li>* Use glutes to lift and bring bar to waist level, then to chest height</li> <li>* Return bar to floor</li> <li>* Repeat</li> </ul>	<p><b>10. Supported roll-downs</b></p>  <ul style="list-style-type: none"> <li>* Secure a band on a door</li> <li>* Tuck the chin in and gently roll down</li> <li>* Use your abdominals not your arms to curl back up again</li> </ul> <p>Pg 249</p>	<p><b>11. Glute Mid &amp; Med strengthening</b></p>  <ul style="list-style-type: none"> <li>* Place knee against a ball that is against a wall</li> <li>* Other foot turned 30° inwards</li> <li>* Now use your glutes to outwardly rotate the standing leg</li> <li>* Hold .....</li> <li>* Repeat .....</li> </ul>	<p><b>Special instructions</b></p> <ul style="list-style-type: none"> <li>*</li> <li>*</li> <li>*</li> </ul> <p><b>Therapist / Practice</b></p>

# 7. Neural and Posture Exercises, Basic Stability and Stretching

<p><b>1. Neural exercise upper limb</b></p>  <ul style="list-style-type: none"> <li>* Extend arm to the side</li> <li>* Imagine there is a wall, gently bend your arm and almost straighten it, while moving your hand toward and away from the imaginary wall</li> <li>* Now repeat with your palm up and fingertips down</li> </ul> <p><i>Pg 48</i></p>	<p><b>2. Thoracic spine mobility</b></p>  <ul style="list-style-type: none"> <li>* Start with elbows bent, and fingers clasped behind your head</li> <li>* Raise the top elbow up and slightly behind</li> <li>* Let your head gently turn as you do this stretch</li> </ul> <p><i>Pg 52</i></p>	<p><b>3. Neural mobility</b></p>  <ul style="list-style-type: none"> <li>* While lying on your side, start with palms together</li> <li>* Now watch your fingers and let your head turn as you stretch your arm behind you</li> </ul> <p><i>Pg 74 NBW</i></p>	<p><b>4. Lower limb neural mobility</b></p>  <ul style="list-style-type: none"> <li>* Lying on your side with both knees bent, pillow in between</li> <li>* Place your hand behind on your back muscles and keep them relaxed as you straighten your knee and flex and point your foot</li> </ul> <p><i>Pg 51</i></p>
<p><b>5. Advanced neural mobility</b></p>  <ul style="list-style-type: none"> <li>* Fall gently onto the wall onto your fingertips</li> <li>* Tuck your chin in as you flex your leg upwards</li> <li>* Look ahead as you extend this leg behind</li> <li>* Do each leg twice</li> </ul> <p><i>Pg 53</i></p>	<p><b>6. Posture mid-back stretch</b></p>  <ul style="list-style-type: none"> <li>* Stand against a wall, feet slightly away from the wall</li> <li>* Now outstretch the arms</li> <li>* Engage the muscles between the shoulder blades; your forearms should touch the wall</li> </ul> <p><i>Pg 144</i></p>	<p><b>7. Postural sway and flutter</b></p>  <ul style="list-style-type: none"> <li>* Let your weight transfer to your heels you will feel your core engage</li> <li>* Do a flutter movement with your hand while you maintain your core and ideal posture</li> <li>* Do each hand independently</li> </ul> <p><i>Pg 81</i></p>	<p><b>8. Hamstring and calf stretch</b></p>  <ul style="list-style-type: none"> <li>* Start with both knees bent</li> <li>* Point and flex your foot</li> <li>* Progress to using a belt around the foot and gradually straighten the knee</li> </ul> <p><i>Pg 125</i></p>
<p><b>9. Hip flexor stretch</b></p>  <ul style="list-style-type: none"> <li>* While kneeling tuck the abdomen in (posterior pelvic tilt)</li> <li>* Isometrically draw the heel and knee together</li> <li>* Shift your body forward without overarch your back to improve the stretch</li> </ul> <p><i>Pg 133</i></p>	<p><b>10. Basic stability</b></p>  <ul style="list-style-type: none"> <li>* On hands and knees let the abdomen relax</li> <li>* Maintain normal curve of your back</li> <li>* Now draw PF/TA gently upwards; keep breathing</li> <li>* Progress to extending one leg, then to opposite arm and leg</li> </ul> <p><i>Pg 103</i></p>	<p><b>11. Lower back release</b></p>  <ul style="list-style-type: none"> <li>* On hands and knees gently let the back drop down then curve upwards</li> <li>* Now with knees wide, keep the arms outstretched as you release the lower back</li> </ul> <p><i>Pg 118</i></p>	<p><b>Special instructions</b></p> <ul style="list-style-type: none"> <li>*</li> <li>*</li> <li>*</li> </ul> <p><b>Therapist / Practice</b></p>

## 8. TMJ and Basic Neural and Eye/Neck Stability Exercises

<p><b>1. TMJ alignment</b></p>  <ul style="list-style-type: none"> <li>* Place the tongue on the roof of your mouth</li> <li>* Watch in the mirror as you maintain alignment as you open and close</li> </ul>	<p><b>2. Resisted Opening / Closing</b></p>  <ul style="list-style-type: none"> <li>* Place your thumbs under your chin as you open your mouth</li> <li>* Control the movement and maintain alignment</li> </ul> <p>Pg 59 NBW</p>	<p><b>2(Cont). Resisted Opening / Closing</b></p>  <ul style="list-style-type: none"> <li>* Now place your index fingers on the top of your chin as you close your mouth</li> <li>* Repeat this open and closing movement 8 times</li> </ul> <p>Pg 59 NBW</p>	<p><b>3. Lateral Stability</b></p>  <ul style="list-style-type: none"> <li>* Place 3 fingers on the outside of the jaw</li> <li>* Push very gently into your fingers as you open and close the mouth a few millimetres only</li> </ul> <p>Pg 59 NBW</p>
<p><b>4. Tongue Twisters</b></p> <p>Try these to improve TMJ muscle activation and stability</p> <ol style="list-style-type: none"> <li>1. "Tick tick tick", "Chuck chuck chuck", "Cluck cluck cluck"</li> <li>2. "Le la, le la, le la, le la"</li> <li>3. "The Big Black Bug Bled Black Blood"</li> </ol>	<p><b>5. Tongue Movements</b></p> <p>These are stretches for the tongue and TMJ muscles</p> <ol style="list-style-type: none"> <li>1. Swipe the flat of the tongue along the roof of the mouth, from the back to the front.</li> <li>2. Reach the tip of the tongue toward the tip of the nose.</li> </ol>	<p><b>6. Facial Muscles Strengthening</b></p>  <ul style="list-style-type: none"> <li>* Blow out the cheeks and let a small stream of air through pursed lips</li> <li>* Repeat 2 – 3 times</li> <li>* Practice grinning, then turning the lips down at the sides</li> </ul>	<p><b>7. Self Massage &amp; Relaxation</b></p> <ul style="list-style-type: none"> <li>* Do small, circular, gentle massage around the jaw, laterally towards the ears and your temples</li> <li>* Also massage underneath along jaw-line from chin to your ears</li> </ul> <p><b>Next</b></p> <ul style="list-style-type: none"> <li>* Focus on breathing deep, slow breaths</li> <li>* Be sure to unclench the jaw and relax the face muscles whenever you can throughout the day</li> </ul>
<p><b>8. Neck Exercise - Fingers pointing up</b></p>  <ul style="list-style-type: none"> <li>* Extend your arm to the side, palm and fingers upwards</li> <li>* Bend your wrist up and down 2 or 3 times</li> <li>* Start with the elbow bent and then gently try to straighten it</li> </ul> <p>Pg 48</p>	<p><b>9. Neck Exercise - Fingers down</b></p>  <ul style="list-style-type: none"> <li>* Extend your arm to the side</li> <li>* Gently bend your elbow and almost straighten it, while moving your hand towards and away from your body</li> <li>* Start in line with your waist, and progress to moving the arm a little behind your body</li> <li>* <b>Progression:</b> Turn your head &amp; watch your fingers as you flex and extend the wrist</li> </ul> <p>Pg 49</p>	<p><b>10. Isometric neck exercises</b></p>  <ul style="list-style-type: none"> <li>* Place your fingers at the base of the neck</li> <li>* Engage the neck muscles as you lookup all 8 directions</li> <li>* Hold 10 sec each position</li> <li>* <b>Progression:</b> Eyes look right, head turns right. Then eyes back to midline, head back to midline. Repeat in all 8 directions</li> </ul> <p>Pg 151</p>	<p><b>Special instructions</b></p> <ul style="list-style-type: none"> <li>*</li> <li>*</li> <li>*</li> </ul> <p><b>Therapist / Practice</b></p> <p>Recommendations: TMJ Corrective Exercise Videos  <a href="http://www.physiocoachingacademy.com/products/">www.physiocoachingacademy.com/products/</a></p>