



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



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: emerge 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 wall.

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

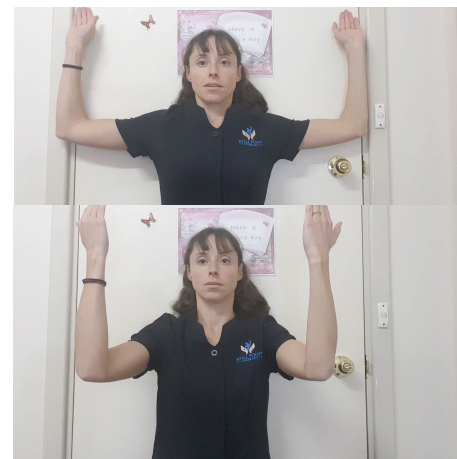


On your hands and knees, back straight and aligned. Practice flexion, extension

and rotate side to side in a controlled manner.



flexion on wall



You can also reach one arm up maintaining that position. If your balance is good, lift also the opposite leg.

4)Chair position head

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.

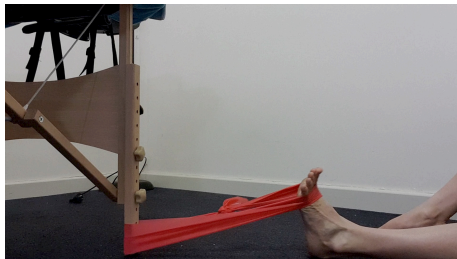
6) Neck stretches



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 rotate your opposite arm to increase the stretch.

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.

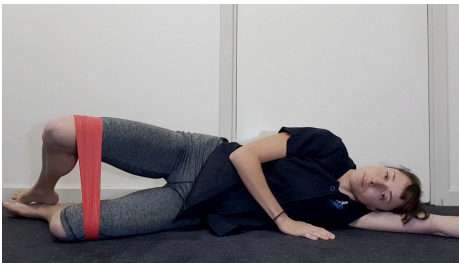
5) Single arm reach



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

HIP EXERCISES

1) Clam



Lie on your side, back straight, knees bent, feet in alignment of your back. Tilt your pelvis forward at 45 degrees. Rest your head on your arm. Lift your top knee and keep the foot in contact. You can put a band around

your knees to increase the difficulty.

2) Resisted ABD with band



Same position as above. Lift the top leg making sure the knees are aligned. Control the movement from your hip and return to original position. 10 to 15 times

3) Bridges



Lie on your back, hands on the floor, knees bent, feet on the floor, hip width apart. Press your feet into the floor, contract your pelvic floor, engage your buttock and lift it up in a controlled manner.

CAUTION: do not hyperextend your back and use your gluts, not your hamstrings to lift.

To increase the difficulty, if you master step 1, cross your arms on your chest.

You can also lift one heel at the time for few seconds. Next step, you can raise the entire leg. Finally, place a resistance band around your knees and move them apart on the bridge position.

4) Resisted squat with band



Contact your entire back on the wall, feet hip width apart. Have the band around your knees and move them apart with the resistance of the band.

5) Resisted abduction



Attach an elastic band on the leg of a sturdy furniture. Stand, open and spread your toes on the floor. The leg you want to exercise is in front of the other one with the band around the ankle. Move the leg sideways, away from your body. You can also do a leg rotation. Finally, face the band and bring your leg backward for a leg extension.

PSOAS STRETCHES

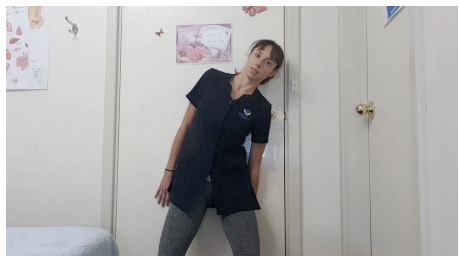
6) Drop leg



On the edge of a table, grab one leg, lie down. One leg is on your chest and the other is hanging out which is stretching the psoas and other hips flexors. Swap with the other leg. Increase the stretch by bending the

knee of the leg hanging.

7) Wall stretch



Contact your back on the wall in a $\frac{3}{4}$ squat, feet hip width apart. Open your knees outward. Slightly bring your right hand down sliding on the wall, then swap with the

other hand.

8) Lunges stretch



Like on the picture. Bring your pelvis forward. To increase the stretch, bring the knee of the back leg further back.

PIRIFORMIS STRETCHES

9) Single leg



Lie on the back with both feet flat on the floor and both knees bent. Pull the right knee up to the chest, grasp the knee with the left hand and pull it towards the left shoulder and hold the stretch. Repeat for each side.

10) Crossed leg



Lie on the back with both feet flat on the floor and both knees bent. Rest the ankle of the right leg over the knee of the left leg. Pull the left thigh toward the chest and hold the stretch. Repeat for each side.

11) On a table



Not to do if knees issues. Bring one foot on the table and drop your knee on the table. Lean forward until you feel the stretch.

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 you 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.

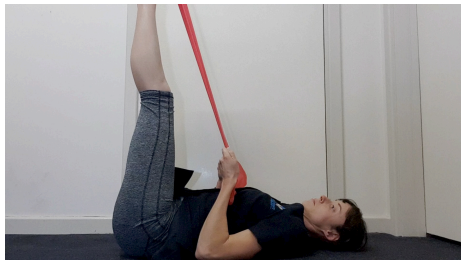
5) Side stretches

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.

LEGS STRETCHES

1) Posterior group stretch with band

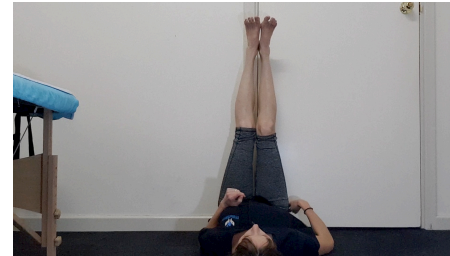


Stiffness in the hamstrings can be responsible of herniated disk. It's important to keep the flexibility on your legs and hips.

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.

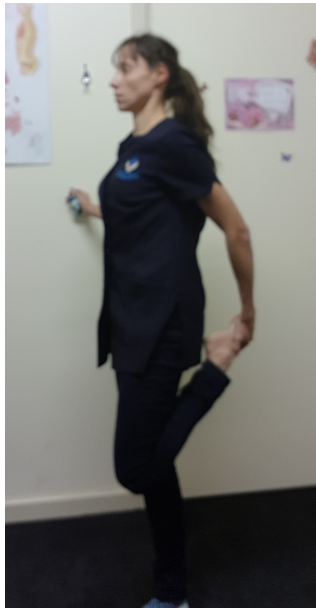
You can also drop your legs on the side, which will stretch your adductors.

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.

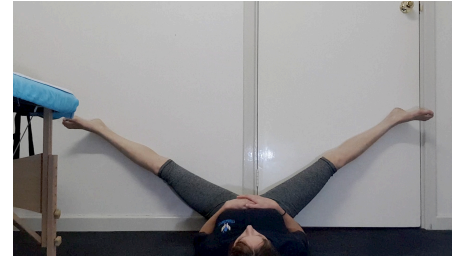
Also, stand tall on one leg with or without a support. Grab with one or two hands your foot, that you are bringing to your buttock. Point your knee down. Keep your shoulders down and push your pelvis forward by contracting your gluts.

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.

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