

DAILY SUPPLEMENTAL EXERCISES

These exercises were developed to maintain and augment the vital force within. Done daily, these exercises will assure that the beneficial effects brought about by your treatments are maintained. Though these exercises are straightforward and simple, they have a profound effect. Doing these daily and properly will help assure you of better health and increased vitality.

1. Breathing: Sitting up straight and comfortably, place the tongue just above the two front teeth on the ridge on the roof of the palate. Close mouth and inhale through your nostrils, fully expanding your lungs and hold for the count of seven. Exhale through the mouth, at your own rate, keeping the tongue touching the palate.

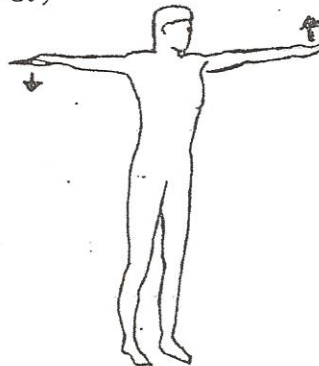
Do this for 7 breaths twice a day.

* This is considered the most important exercise.

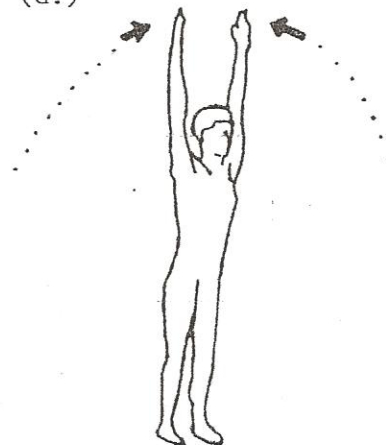
2. Arm Raising from Standing:

- a. Stand with your feet shoulder width apart, with arms extended out to the sides shoulder height.
- b. Left palm should face upward and the right palm should face downward.
- c. Hold this position for as long as possible, breathing full deep breaths. The ideal length of time is 5-10 minutes.
- d. At the end of the exercise, keeping the arms straight, slowly raise them up and cut to the sides of the body and above the head, not letting the arms come forward. Then lower the arms.

(a.-c.)



(d.)



3. Hip Twist:
- Lie on you back with your arms stretched out to your side at shoulder height with the left palm facing up and the right palm facing down.
 - Bring the feet together with knees straight.
 - Lift the left leg off the floor, keeping the leg straight and roll the left hip and left leg over the right leg.
 - Keep both shoulders on the floor and breath fully while holding the position for up to 5 minutes or until you feel pain. Do until you are able to hold for 5 minutes without pain.
 - Bring the leg back to its original position and do the same procedure for the right leg.



* Hold the positions for 5 minutes, or until pain, on each side once a day. Ideally, the exercise should be done without experiencing pain.

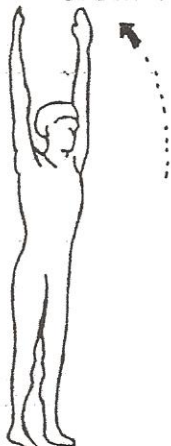
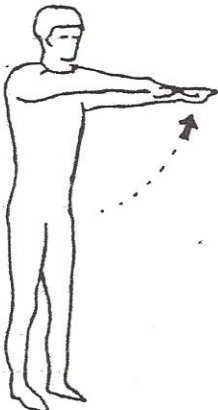
4. Spinal Stretch:

- Sit in an upright chair so that your thighs are parallel with the floor and the lower part of the left is perpendicular to the floor.
- Bending over, place your elbows on the inside of your knees.
- Turn your palms away from each other and tuch your fingers under each arch of the foot while placing your thumb over the top of hte foot. Let your spine fully stretch in this position.
- Breathe slowly and fully for up to 5 minutes.



* Do this one time a day.

5. Standing:
- Stand against a wall so that your heels, lower back, and the spine between your shoulder blades and the back of your head touch the wall.



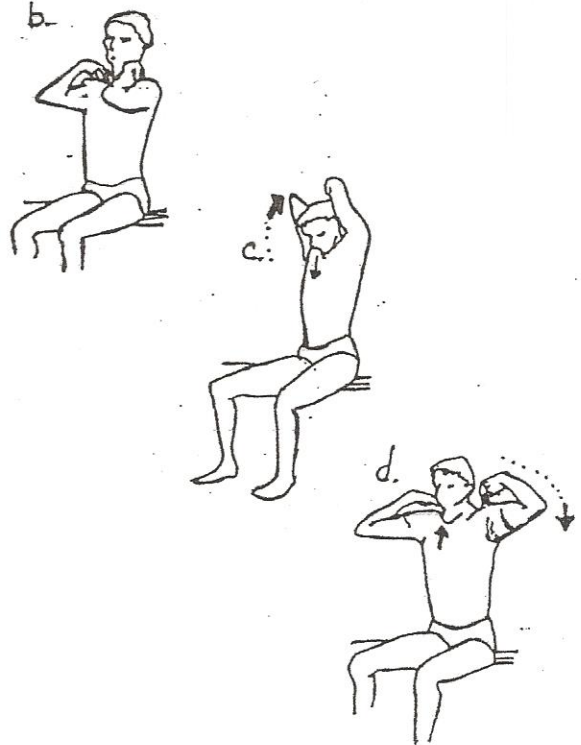
- Raise your arms straight out in front of you with your thumbs touching. Then as slowly as you can, raise them straight above your head, finally touching the wall.
- Then, lower the arms out and down to your sides.
- Again, remember to breath slowly and fully.

* Do this 2 times, once a day.

6. Shoulder Rolls:

- a. Sit in a chair with your back straight and both feet place on the floor.
- b. Bend your elbows in front of you and let your fingertips rest on the tops of your shoulders.
- c. Breathing slowly and fully, on the inhalation lift your elbows up towards the ceiling and lower your head down.
- d. On the exhalation, roll the elbows out to the side and back to the starting position (b.) while lifting the head back up.

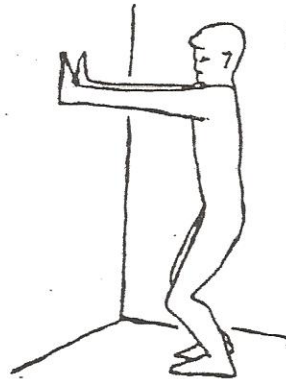
* Do steps b. - d. 5 times, 2-3 times a day.



7. Knee Bends:

- a. Standing four to five feet from the wall and facing it with your feet shoulder width apart, place your palms on the wall at shoulder height.
- b. Bend your knees as much as possible while still keeping your heels on the floor.
- c. While knees are bent, breathe fully for one minute.

* Repeat 5 times, one time a day.



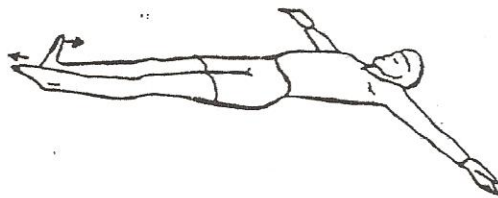
8. Cross Crawl:
- a. Get on all fours on a well carpeted floor.
 - b. Start crawling by placing the right hand forward and the left knee forward.
 - c. Then, follow suit with the left hand and the right knee.

* Do for 5 minutes, two times a day.



9. Ankle Exercise:

- a. Lie down on your back with your feet together and your arms out to the side at shoulder height. Place the left palm facing up (towards the ceiling) and the right palm facing down.
 - b. Point the toes of one foot towards your head (stretching the Achilles tendon).
 - c. And, point the toes of the other foot away from the head (stretching the top of the foot).
 - d. Hold for 30 seconds or as long as you can and then switch feet and do opposite for 30 seconds.
- * Remember to breathe fully.



* These exercises were developed by and courtesy of Robert Fulford, D.O.