

SELF TREATMENT: 2 EXERCISES IN SITTING POSITION

Everybody knows the importance of self-treatment: exercises that our patients have to perform in order to maintain over a longer time the benefits of our manual treatment. Such a healthy behavior represents also a way to actively take care of themselves, introducing movement in their daily life.

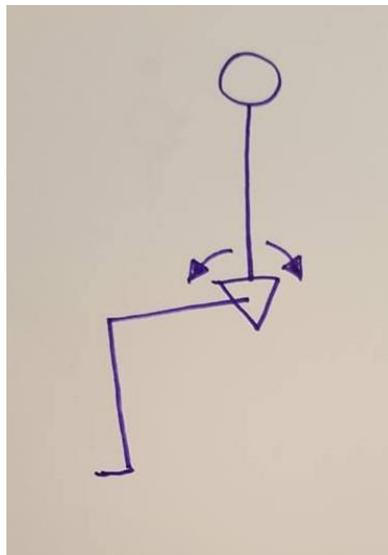
I would like to suggest you two exercises, to be executed in sitting position, that are simple, useful and easily reproducible (these are indispensable features for an exercise that our patient has to perform for a short or a long time). I often use them in my clinical practice and I have found that they are appreciated by patients and long-term performed.

I am very grateful to Deborah Falla and Elly Hengeveld for having taught me these exercises.

1.

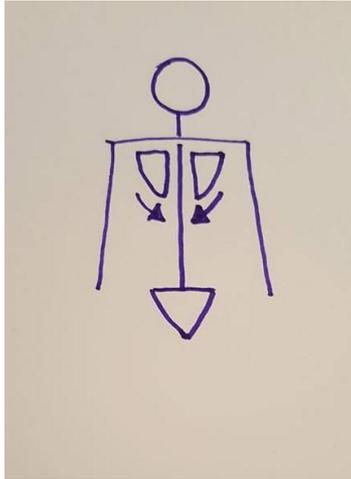
The first one is a “postural” exercise, useful to improve sitting position or just to have a break during a working session in a sitting position and in every case where is necessary to maintain this position for a long time and improve the tone of the extensor muscles

Move your pelvis back and forward (as much as possible) making a curve and an arc with your lumbar spine



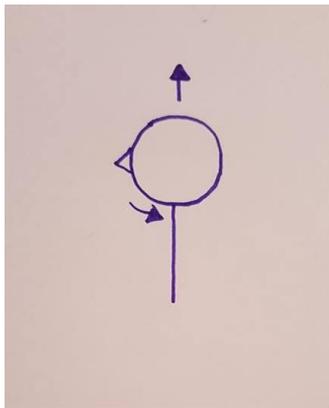
Find the intermediate position and hold it.

Bring your shoulders back and down, opening the chest and imagining to join the scapulas posteriorly on the midline.

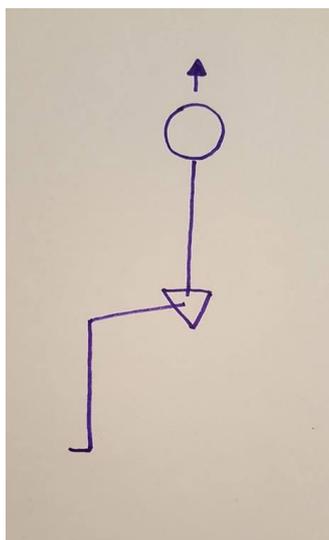


Maintain the pelvis' intermediate position and the shoulders backwards.

Hold chin slightly back and the tip of the head upward (as a dot on "i"), imagining to grow towards the sky



Maintain this position in a tonic way for about 20 seconds.

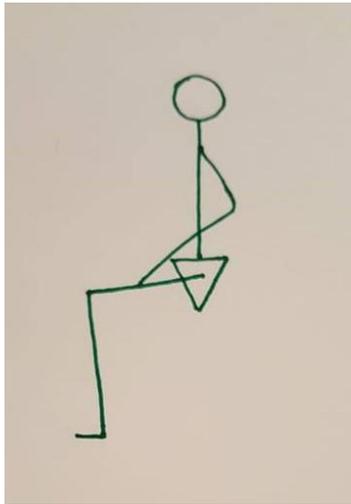


Repeat this exercise once every hour.

2.

The second one is an exercise for mobility, useful to improve flexibility of whole column and all the posterior chain. This fact can be easily demonstrated asking the patient to bend forward and measuring the finger-floor distance before and after the exercise and then comparing the two data. Sometimes amazing results could be achieved. It's a nice exercise called "turtle exercise".

In sitting position, with a 90° hips and knees flexion, the hands resting on knees or next to the thighs, imagine to be a turtle.

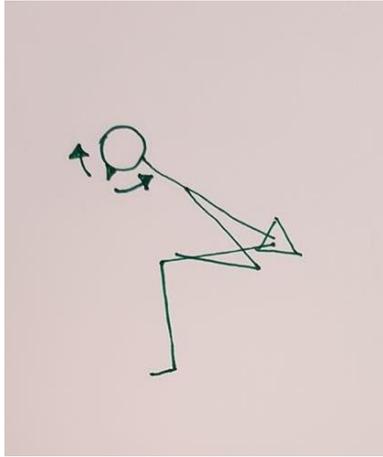


You have your shell on your thighs and you have to try to slip into it in an elastic way.

Move your pelvis backwards, slump all your back, flex your neck and slip into your carapace.



Stretch and flatten your back, bring your chin back and elongate yourself leading the apex of the head forward. Now, maintaining your back flat and elongated, turn your head to the right and to the left to check if someone brings you some salad.



It is enough to perform this exercise a couple of times, at any time of the day, but better in the morning when you get up.