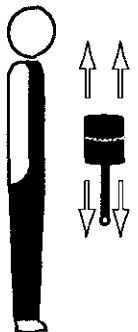


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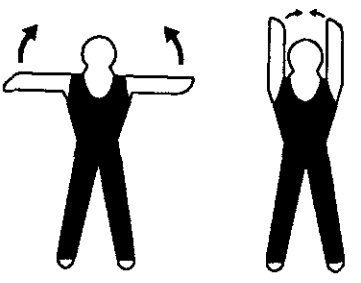
THE TWIG UNBENT

Please consult your physician before starting a stretching or exercise program. This sheet contains general information only. It is not a substitute for a patient consulting his or her own physician regarding particular symptoms and appropriate treatment. Copyright © 1991 Eric J. Dolgin, D.O. The art work was redrawn from *The Twig Unbent* with permission of the publisher. Published jointly by Osteopathic Book Services and Practical Publications.

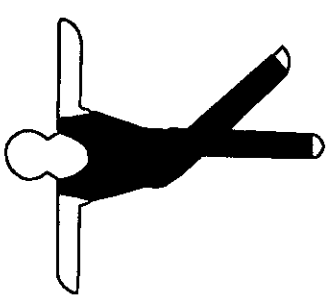
Seven daily exercises to help maintain structural freedom.



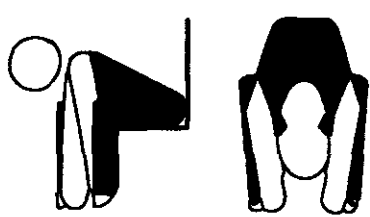
Stand comfortably with your feet shoulder width apart. Breathe in and out deeply through your nose taking in and expelling as much air as possible. Imagine the diaphragm like a piston traveling up and down to help move the air in and out. Begin with no more than 3 repetitions at a fast pace and build slowly up from there. Be sure to expand your chest fully!



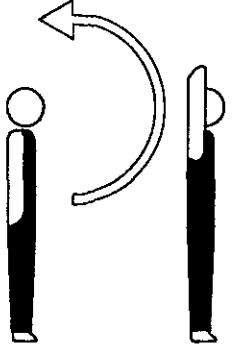
Stand with your feet shoulder width apart, extending your arms parallel to the ground. Keep the left palm facing up and the right palm facing downward. Hold this as long as possible (build up to 10 minutes), then slowly raise your arms above your head, maintaining the relationship of your wrists, until your hands touch. Next lower them to your



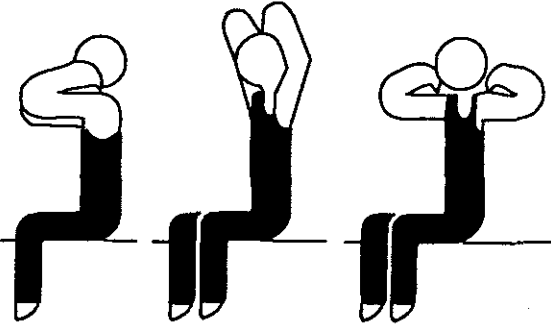
Lie on your back as above, the left palm facing up and the right palm facing down. With both shoulder blades on the floor, cross one leg over the other, rolling one hip up. Work up to 5 minutes in this position, while breathing deeply. You may need to prop the crossed over foot up on a solid elevated object to do this. Repeat this on the opposite side.



Sit in a chair, your thighs parallel to the ground and your lower legs perpendicular to the ground. Bend over with your elbows between your knees and hold your feet with your fingers under the arches and your thumbs over the top and on the outside of your feet. Breathe slowly and fully and hold this position for up to 5 minutes.



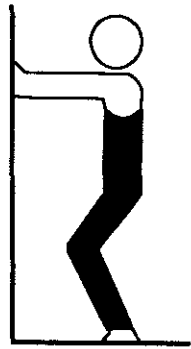
With your feet shoulder width apart, stand against a wall such that your heels, low back, upper back, and shoulder blades touch the wall. Extend the arms towards the fingertips, raise them slowly above your head (thumbs touching) as high as you can. Hold them there momentarily and breathe. Lower your arms. Repeat this exercise twice. Perform this once a day.



A) Sit in a chair with your back straight and your feet on the floor. Clasp your hands behind your head and neck and push your hands forward as you push your neck backwards.

B) Seated in a chair as above, place your fingertips on your shoulders and first rotate your elbows up, lowering your head slightly. Continue with this motion and roll your elbows backwards, downwards, then upwards to return to your starting position. Lift the head back up. Continue this for 3 revolutions, then reverse the direction for another three.

Repeat both exercises 5 times, 2-3 times a day.



Stand 1-3 feet in front of a wall with your feet shoulder width apart and your palms on the wall at shoulder height. While keeping your heels flat on the ground, bend your knees as much as is comfortably possible and hold this position. Breathe fully while you do this for 1 minute. Repeat 5 times.