

<http://youtu.be/975lH8Nrblc>

Grounding Posture

- Knees slightly bent
 - Shoulder width apart
- Shoulders slightly back
- Chin slightly tucked



Grounding Exercise

- Take a deep breath and bend down with back straight and swoop the ground and as we again stand, trace the Chi or energy into the front of our bodies through the meridians/energy channels. On exhalation we trace the meridian channels on the posterior aspect of our bodies as we bend down to gather more of the earth's vital energy. Our goal is to free any blocked energy channels for optimal flow of our body's vital energy. Repeat this 7 times (7 being the number of wholeness, completeness).



Yoga Positions

- Posterior Stretch
 - Stretches hamstrings
 - Increases range of motion and strength of spine
- Stretch for 5 seconds and repeat 3 times



Yoga Positions



- Half Spinal Twist
 - Increases blood flow and peristalsis
- Stretch for 5 seconds and repeat 3 times.

Yoga Positions

- Repeat stretch by switching legs and looking over the opposite shoulder.
- Stretch for 5 seconds and repeat 3 times.



Muscle Energy

- Muscle energy techniques
 - Help build core muscles
 - Strengthen lower backs
 - Uses opposite muscles to balance and promote a proper structure-function relationship
 - These techniques will be used to balance the pelvis
 - Pelvis is key in establishing optimal spinal health

Muscle Energy

- Muscle Energy 1
 - Resist upward motion of right knee with right hand
 - Feel the pull in the groin and hip
- Resist 3 seconds, relax, and repeat 3 times



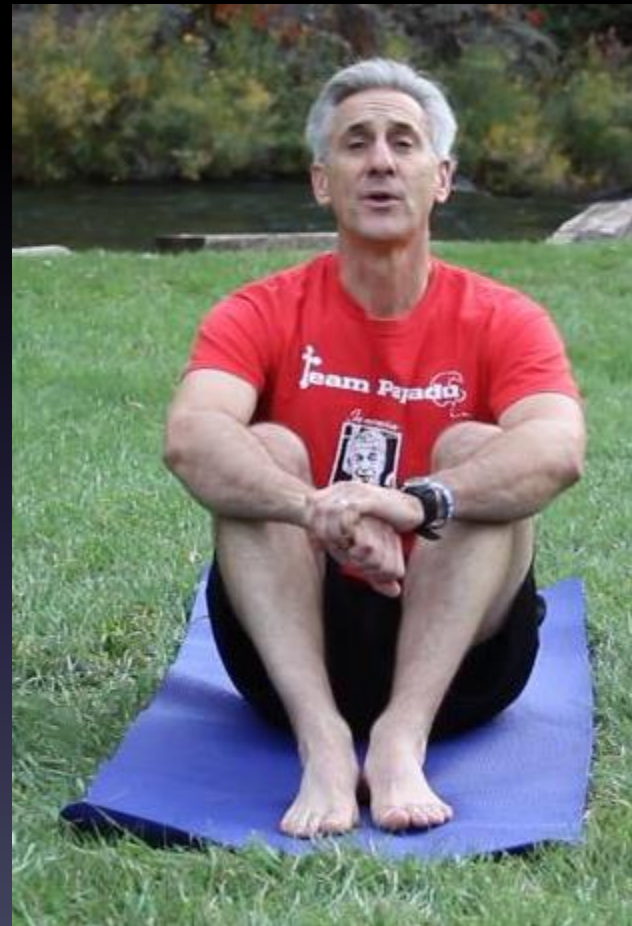
Muscle Energy



- Switch Legs
 - Resist upward motion of left knee with left hand
 - Feel the pull in the groin and hip
- Resist 3 seconds, relax, and repeat 3 times

Muscle Energy

- Muscle Energy 2
 - Bring knees near chest.
Forearms on the outside of knees
 - Resist outward motion of legs with forearms
- Resist 3 seconds, relax, and repeat 3 times



Muscle Energy



- Muscle Energy 3
 - Keep knees near chest. Forearms on the inside of knees
 - Resist inward motion of legs with forearms
- Resist 3 seconds, relax, and repeat 3 times

Muscle Energy

- Muscle Energy 4
 - While lying on our back, bring knees into chest and resist outward motion of our knees.
- Resist 3 seconds, relax, and repeat 3 times



Muscle Energy

- Muscle Energy 5
 - While lying on our back, bring each knee individually into chest and resist outward motion of that knee.
- Resist 3 seconds, relax, and repeat 3 times each leg



Muscle Energy



- Muscle Energy 6
 - While lying on our side, bring the right knee to a 90° bend, resist upward motion of the right knee with the right hand.
- Resist 3 seconds, relax, and repeat 3 times each leg

Muscle Energy

- Muscle Energy 6
 - While lying on our side, bring the left knee to a 90° bend, resist upward motion of the left knee with the left hand.
- Resist 3 seconds, relax, and repeat 3 times each leg



Yoga Positions



- Cobra
 - While lying on our stomach, fully extend arms and lift chest and head off of the ground
 - Increases range of motion and strengthens spine
- Hold for 5 seconds and repeat 3 times

Yoga Positions

- Locust
 - Arms at our sides, lift our thighs off of the ground
 - Great for spinal health
- Hold for 5 seconds and repeat 3 times



Plank



- Front Plank
 - Rest on our elbows and toes while keeping our body as straight as possible
 - Building the muscles of the forearms, shoulders, chest, and core.
- Hold for 30 seconds initially (increase this hold over time)

Plank

- Right Lateral Plank
 - Balance on our right forearm with our right foot resting over our left foot, lift ourselves up, and keep our body as straight as possible.
- Hold for 30 seconds initially (increase this hold over time)



Plank



- Left Lateral Plank
 - Balance on our left forearm with our left foot resting over our right foot, lift ourselves up, and keep our body as straight as possible.
- Hold for 30 seconds initially (increase this hold over time)

Push-ups

- Do as many as you can and attempt to increase your number over time!



Have a blessed day!

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