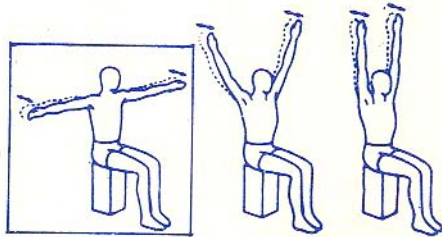




Exercise 8

Starting position : Sitting upon a stool, with both arms raised in front at shoulder level.

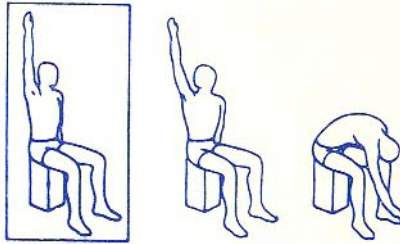
Method : Swing both arms together first towards the left and then towards the right, turning the body in the same direction, and eyes following arm movement.



Exercise 9

Starting position : Sitting on a stool, both arms raised sideways at shoulder level.

- Method** :
- i) Vigorously move the arms three times backwards and forwards in a flapping movement.
 - ii) Raise arms above the head at an angle of 45° and repeat above movement, then do the same with arms stretched straight up in a vertical position.
-



Exercise 10

Starting position : Sitting on a stool, right arm raised straight above the head.

Method

- : i) Turning the body at the waist, take the raised arm backwards, eyes following movement.
- ii) Then bend forwards at the waist, till right hand touches left toes and forehead touches left knee. Repeat the same movement with the left hand.

CERVICAL COLUMN

2

Objectives: To mobilise the cervical segment and to correct its defective condition and to relax the muscles of the nape and muscles of the shoulder girdle.

Exercise to be done: Before a mirror, if possible, in order to check and correct oneself.

Exercises: Seated on a stool



Exercise 1

Starting position : Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

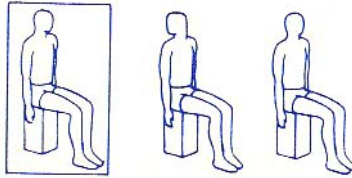
Method : Bend the head and let it fall forwards till the chin touches the chest, and then slowly bend the head back as far as it goes.



Exercise 2

Starting position : Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

Method : Sitting straight up, bend the head first to the left and then towards the right, keeping the gaze fixed straight ahead during the exercise.



Exercise 3

Starting position : Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

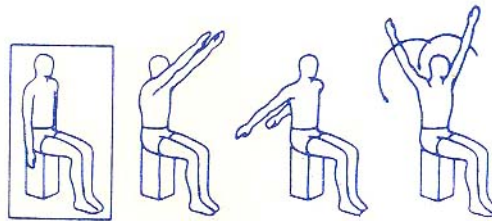
Method : In an upright position, turn the head alternately, first towards the left and then to the right, with eyes looking back over the shoulder.



Exercise 4

Starting position : Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

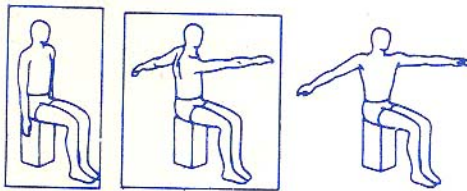
Method : Rotate the head round slowly as if describing a circle.



Exercise 5

Starting position : Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

Method : Extend the arms straight ahead of you, then swing them backwards and forwards in a circular movement.



Exercise 6

Starting position : Sit upright on a stool.

Method

- i) Stretch the arms out sideways in level with the shoulder.
 - ii) Without bending your arms, turn the body, waist upwards first towards the left, then to the right, balancing the arms simultaneously in opposite directions, without moving the head and gaze fixed in front.
-



Exercise 7

Starting position : Sitting upright on a stool, hands resting on knees.

Method : Stretch right arm in front at shoulder level. Slowly turn the body, trunk upwards to the right till outstretched arm goes back in a semi-circular movement, eyes following the arm.