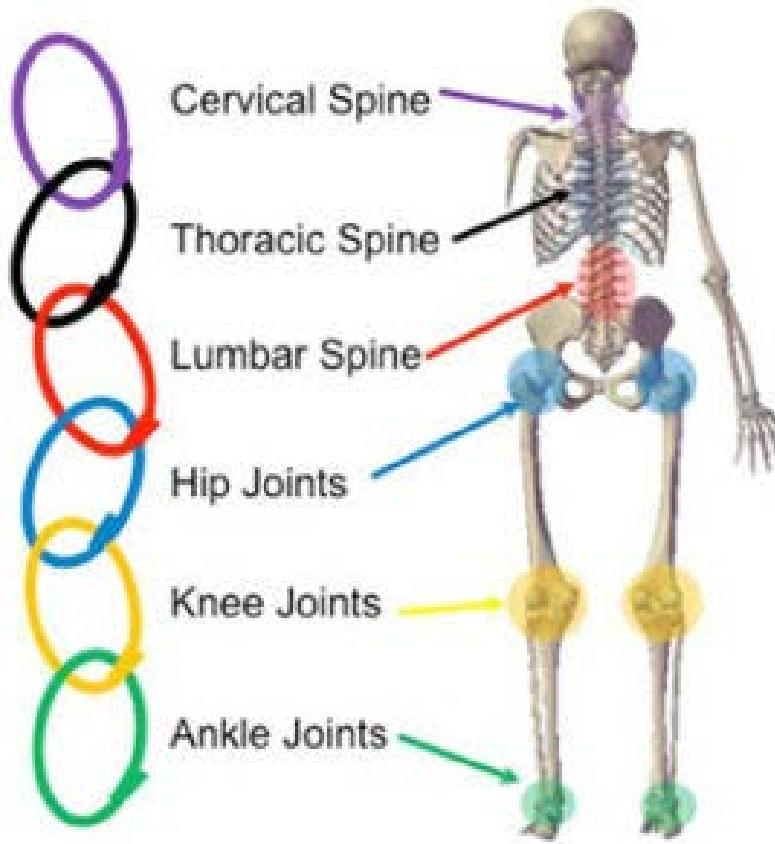


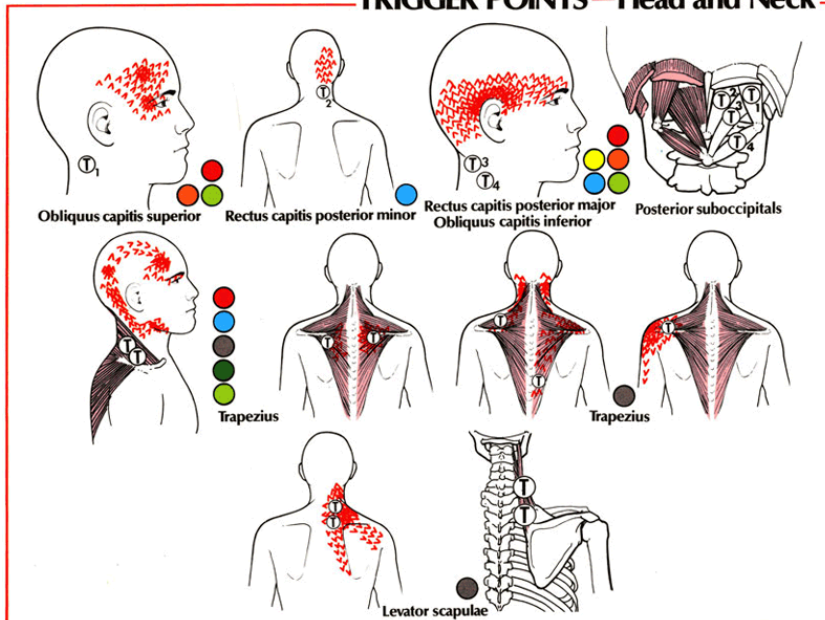
## Stretch, Massage, and Strengthen the Kinetic Chain

headache + sore shoulders = tight chest muscles

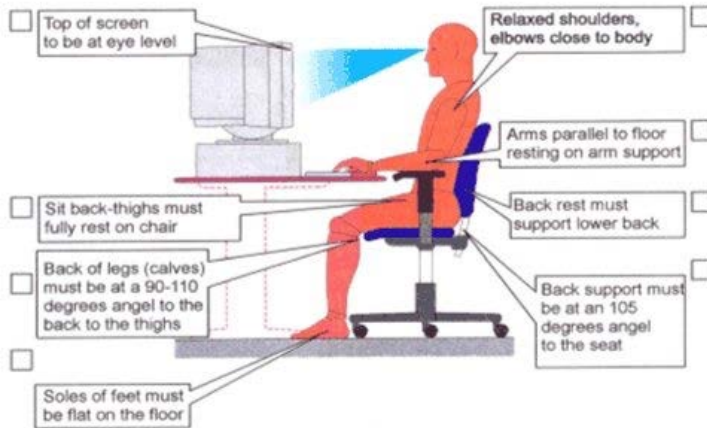
sore lower back = tight hip muscles



### TRIGGER POINTS — Head and Neck



## 1. Improve your ergonomics



## 2. Stretch the tight muscles

Chest (pectoralis major and minor)

- Roll against wall with ball
  - Lay on a foam roll to let gravity pull shoulders down
  - Lunge at doorway or corner
  - Towel stretch/open cow face/eagle
- Cues: draw shoulders/shoulder blades back & down, retract chin

Hips (psoas, tensor fasciae latae, iliacus)

- Lunge at doorway/corner/chair
  - Foam roll hips and thigh (quadriceps)
  - Seated figure four
- Cues: pelvic tilt, upper body erect, shoulders down and back

## 3. Massage the sore muscles

Shoulders/Upper back (trapezius, rhomboids)

- Roll against wall with ball or floor to activate trigger points in trapezius
- Foam roll upper back to create mobility in thoracic spine

Buttocks (gluteus maximus, medius and minimus, piriformis)

- Foam roll glutes
- Roll ball to activate trigger points in piriformis

## 4. Strengthen the weak muscles

Upper back

- T's, Y's
- Back to wall, arms 90 degree angles, press shoulder blades and lift fingers.

Lower Back

- Pelvic tilts to activate deep core
- Leg raises to strengthen glute medius

## Is Your Breath Deep Or Shallow?

Awareness of the breath, using specific rhythms and techniques can benefit on mental, emotional and physical levels. Some specific benefits may be:

- Calms the mind, reducing worries and anxieties
- Improves focus and attention, removing brain fog
- Increases energy, bringing enthusiasm and positivity
- Boosts the immune system
- Rejuvenates the body and mind

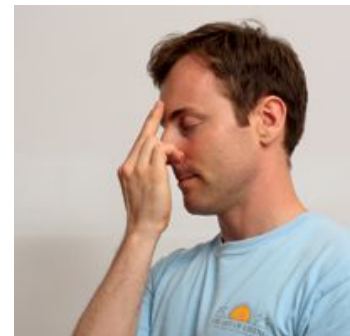
### Invigorating/Energizing: Skull Shining Breathing

1. Sit comfortably with your spine erect. Place your hands on the knees, palms open to the sky.
2. Take a deep breath in.
3. As you exhale, pull your stomach. Pull your navel in back towards the spine. Do as much as you comfortably can. You may keep your right hand on the stomach to feel the abdominal muscles contract. Pull the navel in.
4. As you relax the navel and abdomen, the breath flows into your lungs automatically.
5. Take 20 such breaths to complete one round.
6. After completing the round, relax with your eyes closed and observe the sensations in your body.
7. Do two more rounds.



### Concentration: Alternate Nostril Breathing

1. Sit comfortably with an erect spine, relaxed shoulders, and a gentle smile on your face.
2. Place your left hand on the left knee, palm open to the sky
3. Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril (ring/little finger → open or close left nostril; thumb → right nostril).
4. Press your thumb down on the right nostril and breathe out gently through the left nostril.
5. Now breathe in from the left nostril and then press the left nostril gently with the ring finger and little finger. Removing the right thumb from the right nostril, breathe out from the right.
6. Breathe in from the right nostril and exhale from the left. You have now completed one round. Continue inhaling and exhaling from alternate nostrils.
7. Complete 9 such rounds by alternately breathing through both the nostrils. After every exhalation, remember to breathe in from the same nostril from which you exhaled. Keep your eyes closed throughout and continue taking long, deep, smooth breaths without any force or effort.



### **Relaxation: Three-Part Diaphragmatic Breath**

1. Sit comfortably, root your sit-bones and feel your spine grow long as you lightly extend from the crown of the head. Soften your heart and shoulders.
2. Breathe a slow, deep breath into your belly. Feel the belly inflate like a balloon as you inhale.
3. Keep inhaling as the breath expands to the ribs, feel the ribs expand as you inhale.
4. Continue to inhale and feel the chest spread as you breathe in. Pause for a moment, completely filled with air.
5. Exhale from the chest, retract the ribs, and then the belly. Pause.
6. Continue the same sequence, inhaling to the belly, the ribs, the chest, and so forth. Try for five to ten rounds. Work towards more repetitions if you feel comfortable.



### **Three Minute BREATHING Meditation**

- Take a deep breath and place your feet flat on the floor. Really FEEL your feet in contact with the ground underneath you.
- Place your hands on your stomach and take 2-3 deep breaths, noticing your stomach rising and falling with each in and out breath.
- When you feel comfortable, close your eyes.
- Now, as you keep breathing deeply into your stomach, I'd like you to breathe in for a count of 5, then hold your breath for a count of 5, and breathe out slowly for a count of 5. And keep breathing, in for 5, hold for 5, out for 5.
- Great. I'd like you to now slowly bring your attention back to the room, noticing the sounds around you and begin to open your eyes.

### **Five Minute Meditation for Relaxation and Body Tension Release**

- Get comfortable in your chair and relax. Take a deep breath and place your feet flat on the floor, really FEELING your feet in contact with the ground underneath you. And just take a few more deep breaths like this for a moment.
- Start by focusing on your toes. Scrunch them up, and then release. Now relax your ankles, calf muscle, knees and thigh muscles.
- Remember, let any thoughts you may have float up and away from you in an air bubble. Now relax your buttocks, pelvic area and begin to notice any tension you may have in your back.
- Breathe deeply in, and as you breathe out, slowly relax and release any tension you may have in your back. Now your shoulders. Lift them up and then release completely.
- Wonderful. Relax your neck and jaw muscles. Take a deep breath in, and as you breathe out let go of any tension you're holding in your neck and jaw. Finally, the top of your head.
- Hunch your shoulders up one last time and as you release your shoulders, any remaining tension can sink down and flow out of you.
- Wonderful. Take a few more deep breaths and enjoy this feeling of relaxation and calm for a little while longer.
- Slowly bring your attention back to the room. Begin noticing the sounds around you and when you're ready, open your eyes.