

Postural - Circulatory Restoration Program[©]

Seated Position

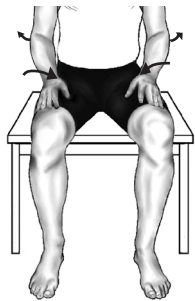
To benefit most from this exercise, first pause to collectively calm your mind allowing yourself to be fully present and ready to engage in a healing process. The emphasis of this form of exercise is to both resolve your sources of persistent physical pain and restore your bodies essential foundation to support a combination of healthy movements and underlying circulatory requirements. The actual process of healing occurs within the combined development of the following prescribed movements along with the resultant responses that follow. Admittedly both these movements and their responses are very subtle, however by maintaining a quiet mind and body you will soon recognize both an enhanced physical awareness and immense easing of your physical restraints. These intended responses to be acknowledged and utilized will be highlighted in the text with an **Symbolizing an Awareness point*. Recall also the emphasis described by your therapist of breathing ideally from your diaphragm without interruption as you execute each step. Holding your breath will diminish the benefit of your efforts as well as perpetuate your pain, circulation and associated restrictive movement patterns.



Set up - Seated as shown in a firm chair with your feet flat and rested (toes uncurled – not gripping), your hands resting on your thighs, with your thenar eminence (thumb side) just medial to the crown of your thigh and your spine erect and balanced over your evenly distributed pelvis (sit bones) and if able, not fully reliant on the back rest. Proceed forward by executing in an accumulative progression the following sequence:



1) Begin by closing your eyes and visualizing the thought of a relaxing and comforting image, which ideally requires the utilization of your peripheral vision (sunset, ocean, stars in the sky, good health) **recognize the gradual softening of your eyes*. Next, gently begin to smile **recognizing the subtle doming of your hard palate (roof of your mouth) and progressing to a decompression of your sinuses, opening of your nasal pathway for air movement, and ultimately the enhancement of your respiratory diaphragm*.




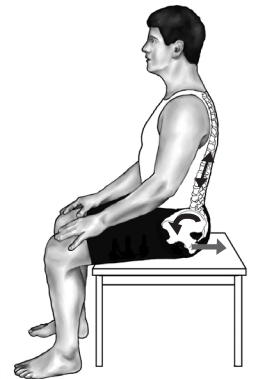
2) Progress by minutely moving your elbows forward and away from your body (slight circumduction) **recognizing and stopping at the point of your distal forearms, wrists and hands begin to move into slight pronation (softening)*.

3) Next, as described to you by your therapist, gently extend your wrists (bending them backwards without lifting your fingertips) as to create a small void or space under your palms **recognizing and stopping at the point of feeling your abdominal muscles engage*.



4) Utilize the reflexive engagement of your abdominal muscles to roll forward over your pelvic "sit bones", **recognizing and stopping at the point of a combined transfer of weight bearing into your palms and slight lengthening of your spine at the junction of your thoracic spine (lowest ribs) and your lumbar spine*.

5) Finally, within each of your inhales, move your elbows slightly further away from body (like angel wings), while very slightly initiating with both hands the very beginning portion of the "A-OK" symbol  **recognizing the point of your breath reaching the greatest depths of your lungs (region of your lowest ribs posteriorly), while simultaneously *recognizing the engagement of your deep shoulder muscles, before returning your elbows to your sides and allowing yourself to fully exhale*.



Note within the motions described as a whole 1- 5, the end result being in support of the following therapeutic components of your fullest recovery:

- Unraveling of the confining consequence of Inverted Core Syndrome. Subsequent space for your heart and lungs to breathe into.
- Cardio-pulmonary induced circulatory pump
- Mechanical induced circulatory pump – axial peripherally
- Restoration of true postural core foundation and dynamic stabilization of the shoulder girdles

These responses offer a progressive integration of multiple essential links within many movements associated with daily living. Proceed with 10 to 12 full yet relaxed respiration cycles. It is encouraged to perform this exercise multiple times per day – each time carrying away the awareness of a healing calm.