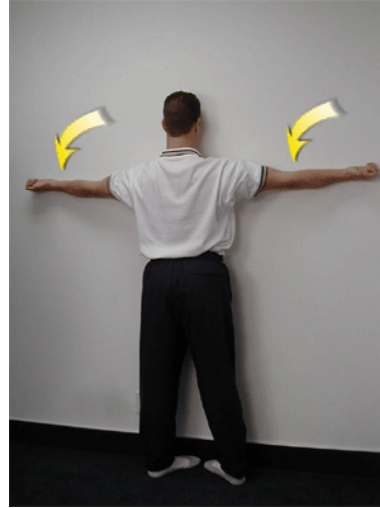
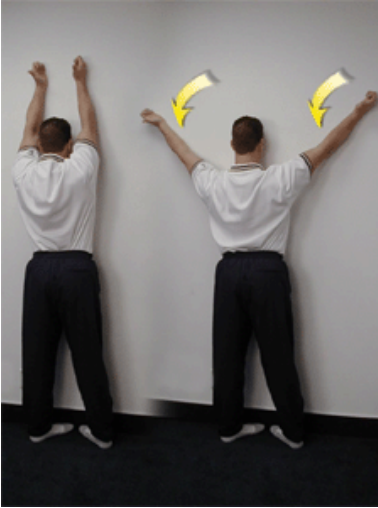




1

Standing Wall Clock

prepared for San Diego South Blog



Repeat this eCise 3 times

Instructions:

1. Stand facing a wall with toes pointed inward (pigeon-toed) and your forehead against the wall
2. Position 1: Raise your arms directly overhead
Relax your stomach to allow your hips to tilt forward
Make a golfer's grip with your hands (fingers curled toward the palm, thumbs out)
Rotate your thumbs/arms outward from the shoulder (moving the back of your hand toward the wall)
Hold for 1 minute (or as directed on your menu)
3. Position 2: Move your hands down to 45 degrees
Repeat the outward rotation with your arms from the shoulders
Hold for 1 minute (or as directed on your menu)
4. Position 3: Move your arms down to 90 degrees (straight out from your shoulders, parallel to floor)
Repeat the outward rotation with your arms from the shoulders
Hold for 1 minute (or as directed on your menu)
5. Repeat the entire sequence as directed on your menu

Purpose:

This exercise promotes extension throughout the body with proper alignment of the load joints





The Egoscue Method

www.sdsouth.egoscue.com

2440 HOTEL CIRCLE NORTH #250
SAN DIEGO, CA 92108
619-294-3259

2

Supine Groin Stretch w/ Towels

prepared for San Diego South Blog



Hold this eCise for 15 min.

Instructions:

1. Lie on your back in the supine groin position with one leg straight out on the floor and the other leg on a block or a chair with the knee bent at 90 degrees
2. Place a 2-3 inch roll behind your neck and low back.
3. It's very important that the straight leg is propped vertically by something heavy so the toes point to the ceiling.
4. Place your arms on the floor, 45 degrees from your body with the palms facing up. Relax your legs and upper body.
5. To perform the thigh test tighten the thigh of the straight leg for a few seconds. Relax for a second and tighten the thigh again for a few seconds. Notice where the tightest part of the contraction is (probably just above the knee).
6. Retest every 5 minutes until the contraction moves up your thigh, above half way.
7. Switch legs and repeat.

Purpose:

This exercise promotes an elongation of the hip and groin muscles. The effect of this action, along with the position of the body around the towels, will create a chain reaction of muscular response in the upper body





The Egoscue Method

www.sdsouth.egoscue.com

2440 HOTEL CIRCLE NORTH #250
SAN DIEGO, CA 92108
619-294-3259

3

Airbench

prepared for San Diego South Blog



Hold this eCise for 02 min.

Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight
2. Walk your feet away from the wall while sliding your body down at the same time
You will be "seated" in an invisible chair, with your knees bent to 90 degrees
Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees
Your lower back should be completely flat against the wall
Your arms can hang down to your sides, or rest your hands gently on your lap
3. Hold as directed on your menu
Keep the weight in your heels, do not press forward on your toes

Notes:

Your hands and arms should be relaxed down at your sides or resting lightly on your lap
Once you have lowered yourself into a sitting position your lower back should be flat against the wall

Purpose:

This exercise promotes proper function of the lower load joints while stabilizing the opposing pelvis.

