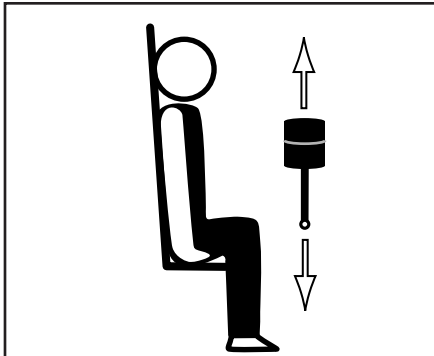


# Dr. Fulford's 7 Daily Exercises

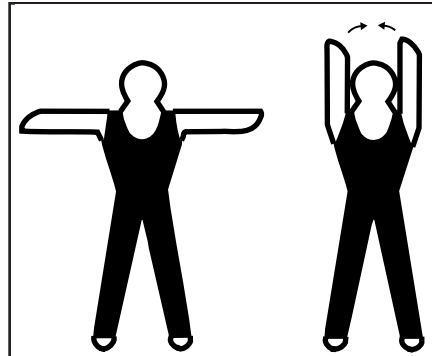
to help maintain structural freedom

These exercises are to be used only with approval of your physician.

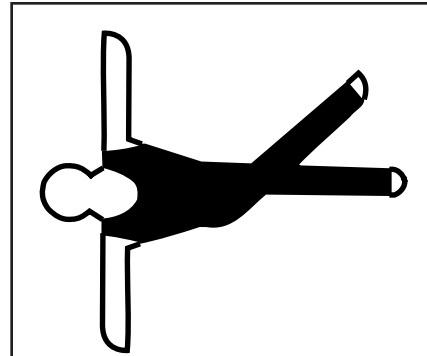
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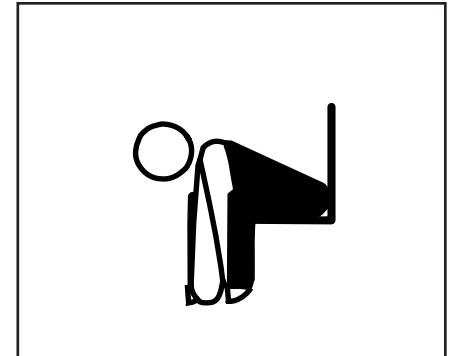
Sit comfortably upright with your arms at the side of your pelvis, palms up. Breathe in and out deeply through your nose (tongue on the roof of your mouth just above your 2 front teeth). Visualize the diaphragm like a piston constantly moving up and down without stopping to help move air in and out. Begin with no more than 3-4 breaths. Be sure to expand the abdomen, then the chest fully.



Stand with your feet shoulder width apart with your arms parallel to the ground. Keep the left palm facing up and the right palm facing down. Breathe. Hold this as long as possible (build up to 10 minutes), then slowly raise your arms above your head, maintaining the relationship of your wrists, until your hands touch. Next lower them slowly to your sides.

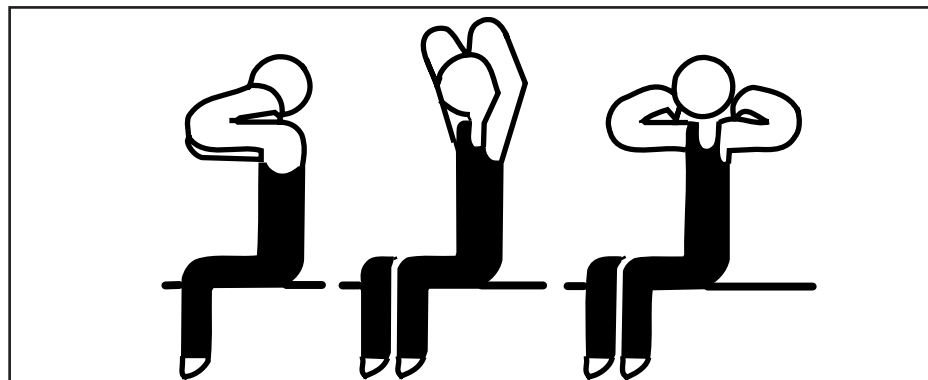
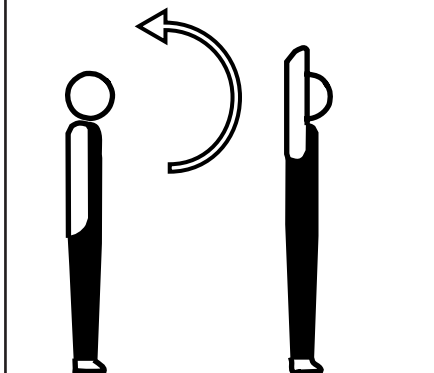


Lie on your back as above, the left palm facing up and the right palm facing down. With both shoulder blades on the floor, cross one leg over the other, rolling one hip up. Work up to 5 minutes in this position, while breathing deeply. You may need to prop the crossed over foot up on a solid elevated object to do this. Repeat this on the opposite side.



Sit in a chair with your thighs parallel to the floor and your lower legs perpendicular to the floor. Bend forward with your elbows between your knees and hold your feet with your fingers under the arches and your thumbs over the top and resting on the outside of your feet. Breathe slowly and fully (into your low back and tailbone)

With your feet shoulder width apart, stand against a wall such that your heels, low back, upper back, and shoulder blades touch the wall. While extending the arms towards the fingertips, raise the arms slowly above your head as high as you can. Hold them there and breathe, then slowly lower your arms. Repeat this exercise twice. Perform this once a day.



A) Sit in a chair with your back straight and your feet on the floor. Clasp your hands behind your head and neck, with the elbows to the sides. Push your hands forward as you push your neck backwards.

B) Seated in a chair as above, place your fingertips on your shoulders and first rotate your elbows up, lowering your head slightly. Continue with this motion and roll your elbows backwards, downwards, then upwards to return to your starting position. Lift the head back up. Continue this for 3 revolutions, then reverse the direction for another three.

Repeat both exercises 5 times, 2-3 times a day for neck and shoulder discomfort.

Stand arms' length from a wall with your feet shoulder width apart and your palms on the wall at shoulder height. While keeping your heels flat on the ground, bend your knees as much as is comfortably possible and hold this position to gently stretch the lower legs. Breathe fully while you do this for 1 minute.

