

13. ANGELS IN THE SNOW

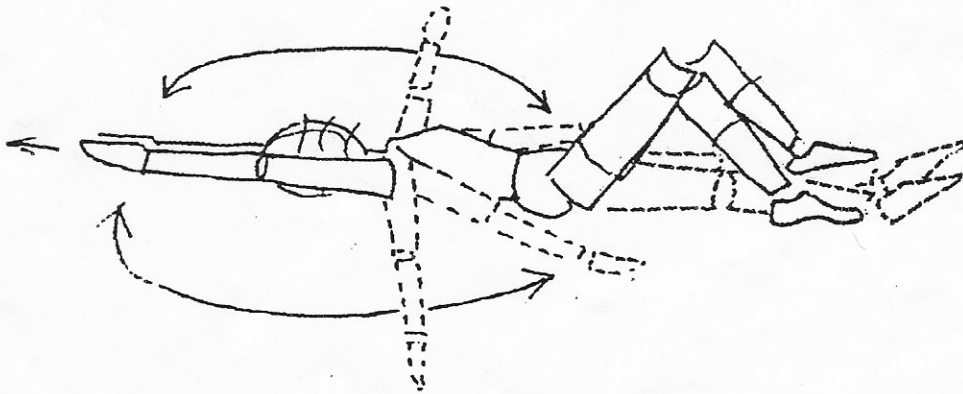
(DATE) _____

On back, **PALMS FACING UPWARD**. Keep arm on floor and move right arm out to the side, bringing it as far out to the side as you can. "Lengthen" your arm, hold momentarily and then return it to your side. Repeat one time. Repeat this movement with the left arm.

Do right arm: _____ Left arm: _____

Both arms: _____

Important: Arm/arms should be on the bed/floor at all times. Pretend you are lying in a snow bank (or on a soft sand dune) and you want to leave an impression of your arm movement in the snow/sand.



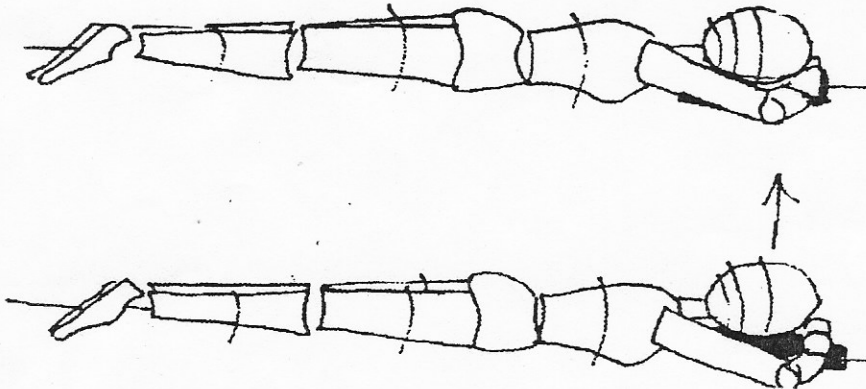
25. HEAD LIFT

(DATE) _____

Forehead resting on hands, palms down. **Tuck chin slightly and keep it tucked**; raise head straight up off hands. (This is the same movement as the head press, only done in a prone position.)

Hold: _____. Relax. Repeat: _____

NOTE: DO NOT TILT CHIN AS YOU LIFT YOUR HEAD.
DO NOT RAISE YOUR SHOULDERS OR PUSH ON YOUR ARMS.



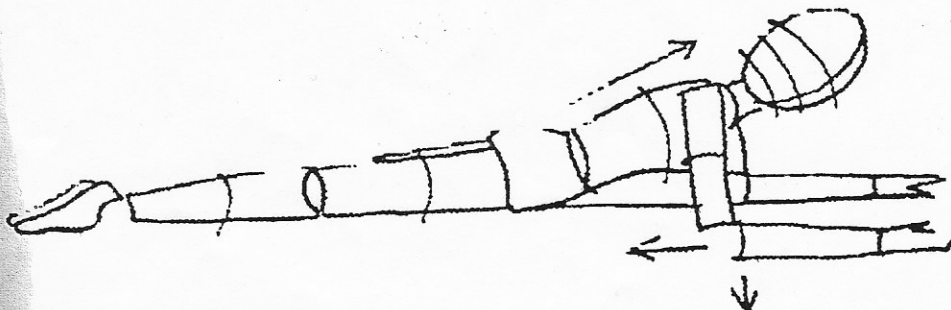
26. THE SPHINX

(DATE) _____

Prop yourself up on forearms and elbows. Take slow deep breaths and allow your stomach and spine to sag with each breath out.

Press elbows straight down into the floor/mat and "pull" back with your elbows. Elbows do not actually move. Pull back as if you were going to pull your body right through your arms, to feel stretch and traction in your lower back. Keep your back arched--do not round your back.

Hold: _____. Relax. Repeat: _____



27. LEG/ARM LIFT

(DATE) _____

Arms alongside head with elbows straight, legs straight.

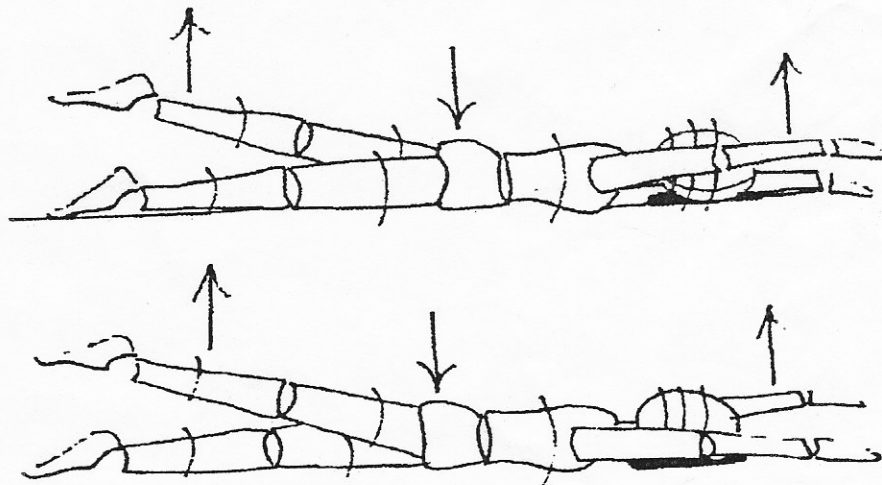
DO PELVIC PRESS FIRST

Keeping arms close to head with palms down and elbows straight:

- a. Raise right arm up from your shoulder.
- b. Raise left arm up from your shoulder.
- c. Raise right leg up from your hip.
- d. Raise left leg up from your hip.
- e. Raise both arms at same time.
- f. Raise both legs at same time.
- g. Raise right arm and left leg.
- h. Raise left arm and right leg.

For each motion Hold: _____. Relax. Repeat: _____

Keep head down and do not twist body as you lift extremities.



12. ARM PRESS

(DATE)

Bring one arm up and back so that arm rests on floor next to head, elbow straight. Press arm into floor.

Hold: _____ Relax. Repeat: _____

Lower arm to your side.

Repeat same exercise on other arm.

Repeat with both arms at same time: _____

Note: This exercise is best done when arms can rest comfortably on floor next to head with elbows straight. If shoulder flexion is limited (arms do not reach the floor), place a roller, pillow or folded towel under the wrists and press wrist and arm downward against the support.

