

**Warm up: Box breathing**

**Benefits:**

Stable Postural Control from shoulder girdles to trunk to pelvic girdle is the base for all other movements and balance control

Stability centrally will allow greater control in hands/wrists/feet /ankles

Great resource for building this foundation: **THE MS GYM by Trevor Wickham**

[www.themsgym.com](http://www.themsgym.com) It offers specific advice and exercise programs for those who are bed dependent, wheelchair dependent, walker/trekking pole dependent or a free ambulator. It provides daily modifications in videos of 20-45 minutes in length with written photo images of exercises. The cost is \$35/month if billed annually(\$1.30/d), \$47/month billed semiannually or \$55/month if billed monthly (\$2/d) for a progressive program every day of the year. It includes a private Facebook support group with staff to clarify questions that arise.

**BGB-the postural foundation**

**Butts**-Recruit the gluts and pelvic floor-squeeze buttocks, outward thigh rotation, lift pelvic floor by attempting to close off the flow of urine

**Guts**-draw belly button in gently but firmly. Use “shhh” to trigger deep abdominals while reminding yourself to lift the pelvic floor

**Blades**-Pull shoulder blade together and down toward hip pockets

“Apple chin”-Chin tucks as if you are trying to hold an apple under your chin

Mountain Pose in yoga-incorporate it into activities of daily living. Examples: waiting for water to boil or the microwave, standing or sitting in neutral posture while reading emails, talking on the phone, in between TV shows or commercial breaks, while brushing teeth, while putting dishes in cupboards

Try to sense how much symmetry you have from right to left, front to back, bottom to top

**Today's practice:**

BGB in sitting at edge of chair or supported by back of chair

BGB standing with walker or poles

BGB in free standing

BGB in sit to stand

**Other Core strengthening programs:**

Silver Sneakers for people 65+ y.o. [www.silversneakers.com](http://www.silversneakers.com)

Chair Pilates, Core balance and strength classes, Yoga classes, Body Flow (combo of Tai Chi, Core, Yoga), Tai Chi YMCA of the Pikes Peak region [www.ppymca.org](http://www.ppymca.org) \$45/mo with \$69 registration fee

Body Sculpt classes Woodland Park Recreation [www.city-woodlandpark.org/277/Activities](http://www.city-woodlandpark.org/277/Activities)  
The fee is \$40/month for 2x/wk or \$8 drop in fee

Physical therapist individually designed program-they may help with personal modifications to an “off the shelf” program you are interested in or have additional recommendations

Community or video Tai Chi courses require the use of core muscle strengthening-may look into senior or wheelchair video instruction for home Tai Chi practice