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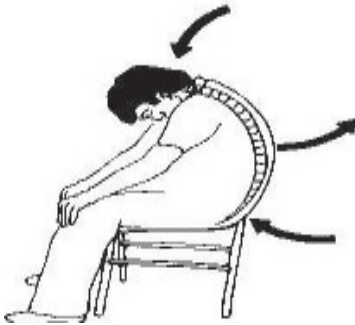
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Spinal Circulation Improvement Exercise

Any Questions Ph. 0430 795 666

IMPORTANT: Exercise GENTLY. If you push too hard you will hurt yourself and your health will go backwards. Progress is the benefits your body receives from increased circulation while performing each exercise through regular daily practice, not how far you can stretch. Immediately stop any exercise if it causes or increases pain. Begin exercises the DAY AFTER your Bowen treatment.

Spinal Circulation 1

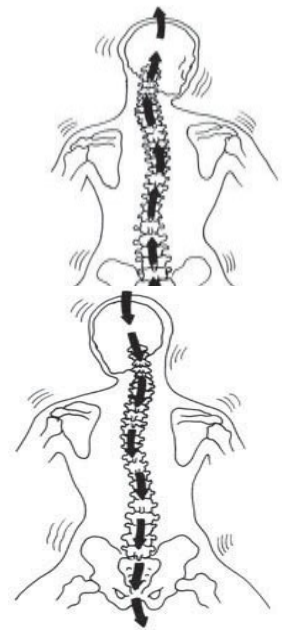


1. Lean forward, curving your spine in a forwards direction. Tuck the chin in as you bend your neck forward. Roll back on your buttocks in your chair to curve the bottom of your spine also. This is position one in the diagrams to the left.
2. Arch your back backwards and pull your neck back as far as you can behind your shoulders, and then continue to look upwards to help gently curve your spine backwards. Roll forwards on your buttocks in your chair so that your tailbone points backwards to help curve the bottom of your spine backwards. This is position two in the diagrams left.
3. Continue to go from position one to position two and back again 40 times at a moderate rate.

IMPORTANT: You should be moving inside your range of motion, the aim is not to increase flexibility of the spine but to increase circulation of blood around the spine, and the circulation of the spinal fluid inside the spine. If you feel dizzy or feel any pain stop right away.

Spinal Circulation 2 – Rocking

1. Start at the bottom of your spine. Gently rock from one buttock to the other while keeping your upper body relatively still. Gently rock the vertebra slightly left and right at the very bottom of your spine.
2. After 5-10 rocks, move the rocking motion slightly further up your spine. Every little while, move the rocking motion further up your spine so that you spend a little time gently rocking each vertebra.
3. As you reach your neck, tilt your neck from side to side, first rocking the lower vertebra in your neck, slowly moving up to the very top of your neck.

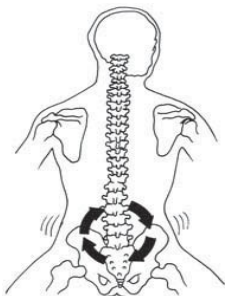


4. When reaching the very top of your neck, change the direction of the rocking, so that you move from the top of your neck down to the very bottom of your spine, the same as in the previous steps but in the opposite direction.

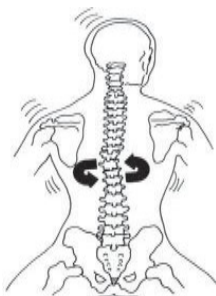
5. Close your eyes, rest, and enjoy the feeling inside your spine.

IMPORTANT: You should be moving inside your range of motion, the aim is not to increase flexibility of the spine but to increase circulation of blood around the spine, and the circulation of the spinal fluid inside the spine. If you feel dizzy or feel any pain stop right away.

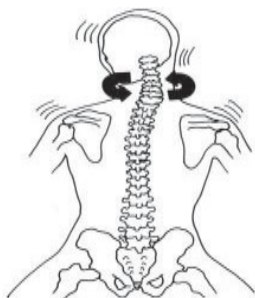
Spinal Circulation 3 – Twisting



1. Start at the bottom of your spine. Gently and slightly twist from left to right from the lowest part of your spine allowing your upper body to turn with it. Gently twist back from right to left, feeling the vertebra at the very bottom of your spine responsible for the twisting movements.
2. After 10 or so twists, move the twisting motion slightly further up your spine. Every little while, move the twisting motion further up your spine so that you spend a little time gently twisting each vertebra.



3. As you reach your neck, turn your head from left to right, first twisting the lower vertebra in your neck, slowly moving up to the very top of your neck.
4. When reaching the very top of your neck, change the direction of the twisting, so that you move from the top of your neck down to the very bottom of your spine, the same as in the previous steps but in the opposite direction.
5. Close your eyes, rest, and enjoy the feeling inside your spine.



IMPORTANT: You should be moving inside your range of motion, the aim is not to increase flexibility of the spine but to increase circulation of blood around the spine, and the circulation of the spinal fluid inside the spine. If you feel dizzy or feel any pain stop right away.