

Resources

In between adjustments, to help the changes you have made integrate and last longer, your system needs to perceive safety and calmness. Below are exercises to try. Always stop if you feel unsafe, modify exercises to your ability, and remember subtlety: less is more!

As with your adjustments, responses may continue for several days afterwards. Use this time to be kind to yourself.

Email or text Dr Fiona if you have any concerns, questions or exiting outcomes!



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Meditation

To help your adjustments work well and keep your brain feeling safe. This is a free app with 50,000+ free meditations for relaxing and breathing. I recommend the guided ones.

<https://insighttimer.com/>

SRI Breathing & Tapping

SRI breathing and movement to connect to different healing stages - go to our facebook page and check out the videos of Stages 1-4:

Stage 1:

<https://www.youtube.com/watch?v=OrkJPFnViCk>

Stage 2:

<https://www.youtube.com/watch?v=41azO3y07vY>

Stage3:

<https://www.youtube.com/watch?v=3ddWgN7YHG0>

Stage 4:

<https://www.youtube.com/watch?v=ceCuyG3zhC0>

For more Donny Epstein Videos, see his YouTube Chanel here:

<https://www.youtube.com/c/DonnyEpstein/featured>

Alternatively, an excellent easy read: 12 Stages of Healing by Donald Epstein. You can buy a copy from Book Depository for approximately \$15.

For tapping:

<https://thetappingsolution.app.link/GetTSApp>

Butterfly Tapping (for PTSD/ Lower brain calming):

<https://www.youtube.com/watch?v=iGGJrqscvtU>

Trigger Points

A **Trigger Point** (TrP) is a hyper-irritable spot, a palpable nodule in the taut bands of the skeletal muscles' fascia. Direct compression or muscle contraction can elicit jump sign, local tenderness, local twitch response and referred pain which usually responds with a pain pattern distant from the spot. Remember when applying trigger-point techniques, not to press too hard. If the pain is of a level 8 out of 10 or higher, don't use trigger point therapy until it reduces. When using trigger point therapy, you can apply pressure until a pain of 7 out of 10 reduces to 3 out of 10. This can take a few minutes. If the pain increases, stop using trigger point therapy.

Here is a link about how to apply trigger point therapy:

<https://www.youtube.com/watch?v=QY9ePL690Dk>

For exercises involving the use of a spike ball, please use this link:

<https://www.youtube.com/watch?v=ffYcPKCeMak>

Balance Exercises

These exercises will help to keep your body active, improve balance and coordination, and prevent falls and injuries.

Follow this link for demo videos:

<https://www.healthline.com/health/exercises-for-balance#exercise-for-seniors>

1. Tightrope walk:

- 1 Tie a piece of string to two poles.

- 2 Hold your arms out wide to the sides.
- 3 Walk on the string without stepping off to the side.
- 4 Walk at least 15 steps.

Alternatively, you can use any straight line on the floor (such as the tiles or floor boards).

2. Rock the Boat:

- 1 Stand with your feet hip-width apart.
- 2 Press your weight into both feet firmly and evenly.
- 3 Yield your weight onto your left foot and lift your right foot.
- 4 Hold for up to 30 seconds.
- 5 Slowly lower your left foot to the floor and repeat on the other side.
- 6 Do each side five to 10 times.

3. Flamingo Stand:

- 1 Stand on your left leg with your right leg lifted.
- 2 Use a chair or wall for support as you stretch your right leg forward.
- 3 Maintain good posture by keeping your spine, neck, and head in one line.
- 4 To increase the difficulty, extend your hand to reach for your right foot.
- 5 Hold for up to 15 seconds.
- 6 Then do the opposite side.

Please stop these activities at any time if you are feeling un-safe or insecure.

How to squat:

https://www.youtube.com/watch?v=U3HIEF_E9fo

Spinal Rolls

Here is a video tutorial about spinal rolls:

<https://www.youtube.com/watch?v=LX4u6cAwa90>

You might find it useful to try with your back against a wall for stability and your feet a little further out in front.

If you are feeling unstable, you might like to try spinal rolls from a seated position:

<https://www.youtube.com/watch?v=LxQtAfz0PUo>

Neck Yoga

If you would like some further exercises for releasing your neck, try this 10 minute neck yoga routine:

<https://www.youtube.com/watch?v=X3-gKPNyrTA>

Vagus Nerve Reset Stretch (Polyvagal Exercises)

https://www.youtube.com/watch?v=eFV0FfMc_uo

Vertigo

For useful information about vertigo, please visit:

<https://www.webmd.com/brain/home-remedies-vertigo>

For video exercises that will help you, please visit:

<https://www.youtube.com/watch?v=olgEtOKAGal>

Proprioceptive Neuromuscular Facilitation (PNF)

PNF is an active stretching technique to help improve flexibility and strength simultaneously. For more information and description of how to apply this technique, please visit:

https://www.healthline.com/health/fitness-exercise/pnf-stretching#TOC_TITLE_HDR_1

For an upper-body video tutorial, follow this link:

<https://www.youtube.com/watch?v=AbWmvZ2hIOE>

For a Lower body workout tutorial, follow this link:

<https://www.youtube.com/watch?v=PDqyBM7Hqs0>

For hip impingement exercises, follow this link:

<https://www.youtube.com/watch?v=7LBpwM3Rep0>

Thoracic Outlet Syndrome (TOS) Exercises and Stretches

Thoracic outlet syndrome (TOS) is a term used to describe a group of disorders that occur when there is compression, injury, or irritation of the nerves and/or blood vessels (arteries and veins) in the lower neck and upper chest area. Thoracic outlet syndrome is named for the space (the thoracic outlet) between your lower neck and upper chest where this grouping of nerves and blood vessels is found.

For exercises to help with TOS, please use this link:

https://www.youtube.com/watch?v=ehgiaqrnd_4

For more information about TOS, please have a read of this article:

<https://my.clevelandclinic.org/health/diseases/17553-thoracic-outlet-syndrome-tos>

Carpal Tunnel Syndrome (CTS)

CTS is a numbness and tingling in the hand and arm caused by a pinched nerve in the wrist.

For more information about the syndrome, please read:

<https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Carpal-Tunnel-Syndrome-Fact-Sheet>

For exercises to help with CTS, please follow this link:

<https://www.youtube.com/watch?v=Q5G916yCyF0>

Traumeel

Traumeel is a natural anti-inflammatory product which is used for the symptomatic relief of soft tissue trauma, sprains, strains and swelling resulting from sporting and other soft tissue injuries. It also provides temporary relief of sore, bruised and aching muscles as well as arthritic pain (it may help reduce the joint inflammation associated with arthritis).

For more information, follow this link:

<https://reboundssportsphysio.com.au/traumeel/>

Food for Healthy Gut Flora...

<https://www.benenden.co.uk/be-healthy/nutrition/gut-food-15-foods-for-good-gut-health/>