

Phase 3 – Spinal Hygiene

THE INNATE PHYSICAL FITNESS PROGRAM ENERGY EXPENDITURE AND DAILY ACTIVITY PATTERN PROFILES

Activities to Avoid or Minimize

1. Sitting
2. Standing with weight on one foot
3. Reading on back with head flexed forward
4. One sided sports (always practice both hands)
5. Carrying bags on one shoulder
6. Sleeping on stomach
7. Cradling phone between shoulder and ear
8. Watching T.V. (no justification possible)
9. Repetitive activities with arms in front or overhead
10. Poor posture during any activity

Good choices to make

1. Follow the Innate Physical Fitness Plan
2. Daily Innate Spinal Hygiene
3. Regular Chiropractic Spinal Checkups
4. Sitting on ball with good posture at good workstation
5. Frequent breaks with exercises and stretches
6. Maximize opportunity for physical daily living tasks
7. Hobbies that require physical exertion
8. Finding an exercise buddy or group
9. Gymnastics, Yoga, Pilates, or equivalent
10. Set mirrors in car so you can only see out of them with proper posture
11. Dance!!
12. Own a wobble board or mini tramp and a Swiss ball

Prone Superman & Swiss Ball Superman

Start face down and lift your arm and opposite leg at the same time as high as possible. Lift your arm out at a 45 degree angle with hand in a fist with thumb up. Hold this position for as long as possible, slowly lower arm and leg and repeat on opposite side.

Exhaling and Holding



Exhaling and Holding



Swiss Ball Back Extensions

Lie face down over Swiss ball. Keeping your toes on the ground and arms by your side extend your legs and spine into a straight position flexing your buttocks and bringing your shoulder blades together. Hold this position for as long as possible then slowly lower back to start position and repeat.

Start (Inhaling and Relaxing)



Finish (Exhaling and Holding)



Prone Back Extensions

Lie face down with arms by your side. Lift and extend torso and legs by bending backward or extending at the hips. Hold this position as long as possible then slowly lower yourself and repeat.



Leg Extensions

Lie face down on the Swiss ball with your hands placed firmly on the floor. Keeping your legs together, flex your buttocks and your back in order to raise your legs as high as possible. Hold this position as long as possible then slowly lower your legs and repeat.

Start (Inhaling and Relaxing)



Finish (Exhaling and Holding)



Wake-Ups

Begin on hands and knees with your arm bent bringing your wrist under your shoulder and with opposite knee raised and tucked forward. Raise your arm out at a 45-degree angle with hand in a fist with thumb pointing up. At the same time extend your leg into a straight position behind you. Hold this position for as long as possible then slowly go back to start position and repeat to other side.

Start (Inhaling toward start)



Finish (Exhaling toward finish)



Spinal Flexion Hygiene Exercises (Abdominals)

- Do a minimum of 2 of these exercises each spinal hygiene workout

Core Abdominal Breathing Sit-Ups

Inhale and relax then exhale completely as flexing hips, pulling belly button to spine, and pressing flat back against hands, contracting buttock muscles and bearing down. (This is the basis for all breathing and abdominal contraction during exercises)



Abdominal Vacuums

On hands and knees with shoulders over hands and hips over knees inhale and relax abdominal wall while extending hips and arching back. Exhale and pull your belly button toward your spine while flexing hips and flattening back. Slowly exhale as much air as possible while pulling your belly button toward your spine as much as possible and hold for as long as you can.

Start (Inhaling and Relaxing)



Finish (Exhaling and Contracting)



Swiss Ball Abdominal Vacuums

Start on hands and knees with feet propped onto Swiss ball. As you slowly exhale and contract your abdominals (pull your belly button toward your spine) keep your spine straight and rigid and extend your legs as you push your feet behind you bringing your shins up onto the ball. Hold this position as long as possible then slowly return to start position as you inhale.

Start (Inhaling and Relaxing)



Finish (Exhaling and Holding)



Swiss Ball Crunches

Lie on back on Swiss ball with feet firmly planted on the ground and head back against ball (if this makes you dizzy consult your doctor). As you exhale and pull your belly button toward your spine, slowly roll your spine forward beginning at your neck and ending at you pelvis. Hold for as long as possible then slowly lower yourself back to the start position while inhaling.

Start (Inhaling and relaxing)



Finish (Exhaling and contracting)



Hip Raises

Lying on floor with knees bent and feet flat on the floor slowly exhale as you raise you hips up off the ground as high as possible while keeping your shoulders flat on the ground. Contract your buttocks, hamstrings, and abdominals (bringing belly button toward spine). Hold the position as long as possible then slowly lower back to the start position while inhaling.

Start (Inhaling and Relaxing)



Finish (Exhaling and Contracting)



Swiss Ball Hip Raises

Sitting on floor with knees bent and feet flat on the floor leaning against the Swiss ball slowly exhale as you raise your hips up off the ground as high as possible while rolling onto your shoulders on the ball. Contract your buttocks, hamstrings, and abdominals (bringing belly button toward spine). Hold the position as long as possible then slowly lower back to the start position while inhaling.

Start (Inhaling and Relaxing)



Finish (Exhaling and Contracting)



Swiss Ball Oblique Rolls

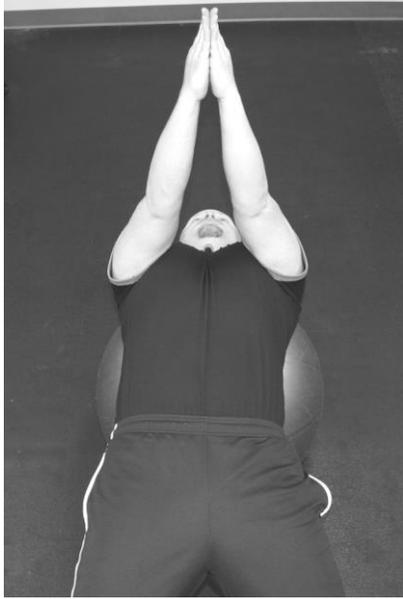
Start in push up position with feet on top of ball then slowly roll to one side while exhaling and contracting abdominals (pulling belly button toward spine) and hold this position as long as possible. Slowly return to start position then repeat to other side.



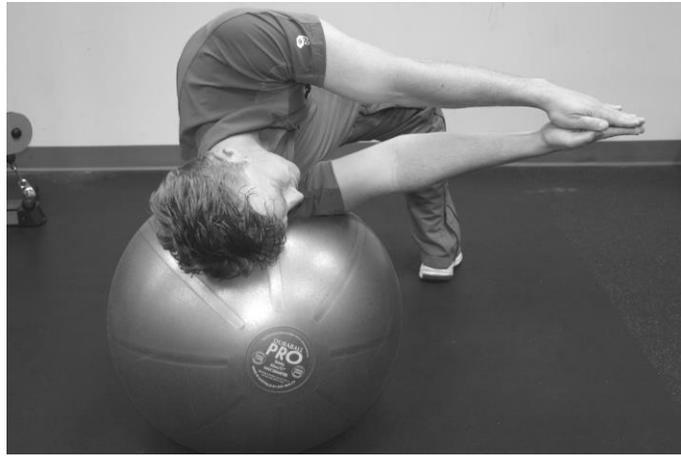
Swiss Ball Oblique Twists

Start lying on Swiss ball on upper back with arms straight out and palms together and with knees bent as 45-degrees and feet flat on the floor shoulder width apart. Slowly exhale and rotate to one side by rolling onto your shoulder as far as possible while keeping your feet firmly planted on the floor. Hold this position for as long as possible then slowly return to start position and repeat to other side.

Start (Inhaling and Relaxing)



Finish (Exhaling and Contracting)



Scapular-Thoracic Hygiene Exercises

- Do all 4 of these exercises at least once per day.
- For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for as long as possible. The same breathing pattern applies- inhale while relaxing, exhale while contracting.

