

CORRECTIONAL LEVEL III INSTRUCTIONS

You're doing great!!! Now let's go for complete correction and prevention of reoccurrences.

RELAXATION:

By now you have developed the technique of relaxation that works best for you. Commit yourself to 20 minutes per day, enjoy it and reap the benefits.

THERAPEUTIC MASSAGE AND MANUAL THERAPY:

Different techniques are now employed. They consist of deep muscle and connective tissue manual therapy and works on pressure and trigger points of all major muscle groups in the trunk and extremities. It normalizes muscle tone. Therapeutic massage and/ or manual therapy will help to ensure a more complete recovery for your musculoskeletal system.

BACK EXERCISES:

Any day that your back is stiff or sore, use the Acute Phase Exercises as a warm-up. Otherwise, begin with the sub-acute exercises. Stretching and strengthening are the keys to the Correctional Phase.

Always warm up first before any stretching is done.

I STRETCHING EXERCISES:

Concentrate and focus on the muscle being stretched and hold for 60 - 80 seconds in the fully stretched position. Repeat each stretch 2-3 times.

A. **SITTING HAMSTRING STRETCH** - Sit on the floor with right knee straight and left knee bent with foot in groin. Lean trunk down to right knee. Keep back as straight as possible. Repeat with left leg straight.

B. **SITTING GROIN STRETCH** - Sit on the floor with both knees straight and separate legs as much as possible. Lean trunk forward between legs. Keep the back straight. You may want to use a mirror to check if your back is indeed straight.

C. **KNEELING HIP STRETCH** - While kneeling, let trunk drift backwards with straight back and pulling the stomach in. Please engage the stomach muscles and DO NOT DROP BACK THE HEAD.

D. **STANDING SIDE STRETCH** - Stand with your arms straight over your head. Lean to the right from the waist. Feel the stretch on your left. Repeat to the left.

E. **FLOOR ABDOMINAL STRETCH** Lie on your stomach on the floor using your hands on the floor extend the elbows and stretch the abdominals. Breathe into your stomach and feel the stretch. Keep pubic bone in contact with the floor.

F. **FLOOR SPINAL TWIST** - Same as sub-acute, but now really stretch and hold it. Do both sides.

G. **ACHILLES STRETCH** - Stand in front of the wall with hands or elbows on the wall. Put right leg behind left with a straight right knee. Keep the heel on the ground and stretch the calf slowly. Hold for 60 to 80 seconds. Change legs.

II STRENGTHENING EXERCISES:

Generally these *are* done slowly and held for 2 -3 seconds. Repeat the exercise until the muscle begins to fatigue, then do 2 more repetitions. Begin with at least 10 reps of each exercise and increase each week up to 50 repetitions.

A. **SIT-UPS** -The correct way to do a sit-up is in 3 separate parts: 1. Lie on your back with your knees bent and lift your knees to your chest, not using your hands. 2. Cross your arms over your chest, lift head and shoulder blades. 3. Lie on your back with your knees up and feet flat on floor. Lift right shoulder diagonally up toward left knee. Repeat lifting left shoulder up to right knee. Ask Dr Bob which abdominal exercise is best for you.

B. **FLOOR BACK LIFTS** -Lie on the floor on your stomach and lift each extremity -one at a time. Alternate arms and then do legs.

C. **SIDE LEG LIFTS** - Same as acute phase. Lie on your left side and lift right leg up with knee straight. Repeat with other leg.

D. **UNDERSIDE LEG LIFTS** -Lie on your right side, lift left leg and hold it while you lift your right leg up to meet left leg. Repeat with opposite side.

E. **ALL FOURS EXTREMITY** -Assume the all fours position. Lift right leg and left arm at the same time. Hold. Then lift left leg and right arm.

ADDITIONAL COMMENTS ON THE CORRECTIONAL STAGE LEVEL III

1. Heat and cold, as well as supports are not necessary.
2. Exercises must be done 1 -2 times daily.
3. The severity and length of time your problem has been present and your commitment to its resolve will determine the time period for the correctional phase. Anywhere from 2 -16 weeks is possible. Dr. Walsh will determine when you can go on maintenance.
4. After muscles, ligaments, joints and connective tissue are aligned and balanced, corrective treatments are required less frequently.
5. All recommendations for nutritional and mental/emotional support need to be followed throughout the Correctional Level.