

Exercise plan:

Immune System Mechanics

Patient:

#coronakindness #coronakindness

Date:

15th Mar 2020

These exercises have been selected to improve the mechanic of the thoracic region in support of your immune system. Do them calmly and within your physical ability. Please skip any exercise that causes pain or discomfort. If you find these exercises difficult when you would not expect them to, contact the clinic for modifications or advice - email us on osteopath@healthinmotion.org.uk.



Marching on the Spot with Alternate Arm Lift

Stand upright with good posture, next to a wall or table just in case you need support. March on the spot. Keep your knees up and lift your opposite arm above your head when lifting your knee up. Try to stay in exactly the same spot throughout your march. This exercise is good for knee mobility, endurance, balance and co-ordination. **USE SUPPORT IF YOU HAVE POOR BALANCE.**

Sets: 1 | Time: 30 to 60 seconds

<https://youtu.be/gtREOQEihcU>



Isometric Neck Flexion

Place your palm on your forehead, and resist flexion of your neck while keeping your head still. Hold, and then relax. You should feel the muscles at the front and side of your neck contracting.

Sets: 3 | Time: Push for 8 seconds

<http://youtu.be/WnKcq1Uh8m4>



Mid-Scalene Sternocleidomastoid Stretch

Hook your fingers above your collar bone, and gently side-bend your neck to the opposite side. Hold the stretch. You should feel the stretch at the front/side of your neck. This exercise will help improve mobility to your neck.

Sets: 2 | Time: 8 seconds | Both sides

<http://youtu.be/8by8-cpJPJU>



Posterior Scalene Stretch

Place your fingers in the webbing of your neck (just above the collar bone), and rotate your neck to the opposite side, and tuck your chin down. You will feel the stretch under your fingers at the side of the neck. Hold the stretch, and relax.

Sets: 2 | Time: 8 seconds | Both sides

<http://youtu.be/EdKGB0v4Mng>



Fig of Eight Articulation

Place your hands behind your neck, and bring your elbows together. Now "draw" a figure of eight with your elbows (which will also move your back). This excellent mobility exercise will improve the mobility in your spine, act as a useful warm up before sport, and get you more flexible. Do not be alarmed if you hear a few pops and clicks coming from the spine.

Reverse direction on the second set

Sets: 2 | Time: 15 seconds in each direction

http://youtu.be/3_rbcQMI7lo



Diaphragmatic Breathing Sitting

Place one hand on your stomach, and the other on your chest. Take a deep breath in, and push your belly (and your hand) outwards. Try and keep the movement of your chest to a minimum, so you concentrate on the deep breathing. Relax your neck and shoulders as you breathe. This will help you to use your diaphragm, the main inspiratory muscle.

Sets: 1 | Time: 30 seconds

<http://youtu.be/qhcBjSirMss>



Forced Exhalation

Breathe in and open your mouth, and breath out hard by pulling your tummy muscles in forcefully. Inhale passively and repeat. It's a good strengthening exercise for the diaphragm, that can help improve your deep breathing mechanics. Try one forceful exhalation per second.

Do this either laying on back or sitting up.

Try to exhale - 1 per second

Sets: 2 | Repetitions: 8 -10

<http://youtu.be/oADj5gH3DOY>



Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

Support the neck. Keep the back of the neck long.

Sets: 2 | Time: 5 - 8 seconds

<http://youtu.be/Si0OKWUogJk>



Thoracic Side Flexion

Stand with your feet shoulder width apart, and your hands resting on your hips. Bend your spine to one side, and repeat to the opposite side. This will help stretch your spine.

Sets: 1 | Repetitions: 8 | Both sides

<http://youtu.be/UdjpcNzbP8Q>



Towel Extension Vertical

Roll up a hand-towel, and place it under your spine and lie flat on your back with your knees bent. If you are not sure where exactly to place the towel, start the position with the towel between your shoulder blades. If you feel more comfortable, you can also keep your legs straight. This exercise can help improve mobility to the spine and improve posture.

Sets: 1 | Time: 30 to 60 seconds

<http://youtu.be/WXleINXX344>



Rib Cage Placement

Lie on your back with your feet and knees hip distance apart, with your arms by your side. Soften your ribs, to make them lower to the ground and in line with your pelvis. Do not force your mid-back into the floor. Inhale as you take your arms up towards the ceiling, and exhale as you take your arms over your head, but maintaining your rib cage alignment. To return to the start position, inhale as you take your arms up towards the ceiling, and exhale as you place your arms back by your side.

Sets: 1 | Repetitions: 8 - 10

<http://youtu.be/fz3m3VMnl2U>



Double Leg Back Stretch

Do this in the morning and at night time.

Lie flat on your back, and bend your knees towards your chest. Pull your knees towards your chest and rock a little. You can do this first thing in the morning and after prolonged sitting.

Sets: 2 | Time: 10 seconds

<http://youtu.be/ZEz80zvUv4>