



TPW 's Migraines (Restoring Oxygen Flow) Menu

#	Sets	Reps	Duration	E-cise
1	1	1	0:02:00	Static Extension Position
2	1	1	00:05:00	Static Back
3	1	1	0:02:00	Airbench
4	1	1	0:01:00	Squat

Instructions:

Total time: 15 minutes.

Times a day: Once in the morning.

THE POSTURE FIT workout

1. Static Extension Position



Hold this E-cise for 02 min.

Instructions:

1. Start down on the floor on your hands and knees with your major joints aligned (i.e. shoulders directly above elbows and wrists, hips directly above knees).
 - Hands should be placed shoulder width apart, palms flat with fingers pointed straight ahead.
 - Arms must remain straight, elbows locked.
2. Walk your hands 4-6 inches forward and then move your upper body forward so that your shoulders are again above your wrist but now your hips are forward of your knees 4-6 inches.
3. Relax your low back allowing it to arch with the movement coming from the tilt of your pelvis.
4. Collapse your shoulder blades together and drop your head down.
 - Your shoulders should be directly above your wrist.
 - If your low back begins to hurt, back your hips up toward your knees; this will make the exercise a bit easier.
5. Hold as directed on your menu.

Fun Facts:

- This exercise promotes lumbar and thoracic extension through bilateral hip demand.

THE POSTURE workout

2. Static Back



Hold this E-cise for 10 min.

Instructions:

1. Lie on your back with your legs up over a block or chair so your hips and knees are at 90 degrees.
2. Place your arms out to the sides at 45 degrees from your body with palms up.
3. Relax your upper back and notice if your low back flattens to the floor evenly from left to right.
4. Hold this position as directed on your menu.

Fun Facts:

- Doesn't this feel good? Lying on your back and elevating your legs to 90 degrees allows gravity to do its job of removing rotation and/or asymmetry in your body. If you feel like one shoulder or one side of your pelvis is pushing into the ground more than the other, this is asymmetry showing up!

THE POSTURE workout

3. Airbench



Hold this E-cise for 02 min.

Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
 - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
 - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
 - Your lower back should be completely flat against the wall.
 - Your arms can hang down to your sides, or rest your hands gently on your lap.
3. Hold as directed on your menu.
 - Keep the weight in your heels, do not press forward on your toes.
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

Fun Facts:

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.

POSTURE workout

4. Squat



Hold this E-cise for 01 min.

Instructions:

1. Stand facing something about chest high that you can hang onto and will support your weight.
 - e.g. a door frame, a door-use the handles, a kitchen sink, a pole.
 - Your feet should be parallel and about 6 inches apart.
2. Hold onto the support with both hands at about hip level.
 - Keep your arms straight, do not bend at the elbow.
3. Place an arch into your lower back by rolling your hips forward.
4. Stick your butt out and bend your knees so that your hips/butt are at about knee level.
5. Hold as directed on your menu.

Notes:

- Keep your upper body as vertical as possible.
- Keep your knees in line with your feet.

Fun Facts:

- This exercise promotes anterior and lateral hip demand to support the spinal column (under load).