



The Bowenwork® Healing Experience

Exercises & Joint Mobilizations to Encourage the Recovery Process

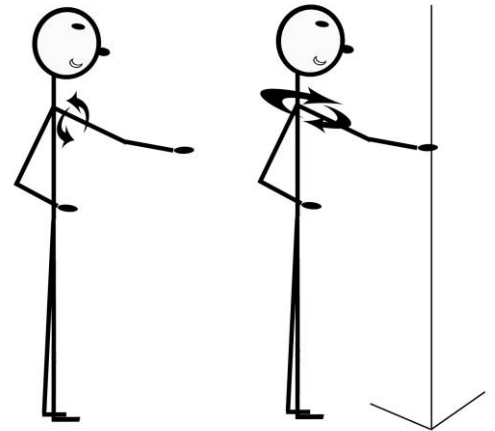
First Shoulder Exercise

Each morning or after any prolonged activity that tightens the shoulder tendons perform the following mobilizing exercises on each shoulder. Using the better shoulder first circle it as wide and high as possible. Explore the whole range of motion you have, just short of any discomfort, do not push past the natural limit into pain; it only tightens the muscles and defeats the purpose. The purpose is to loosen the tension in the tendonous attachments of the shoulder joint. Repeat with the other arm. If you hear or feel grinding in the joint, it is breaking up the calcification formed since the shoulder became restricted.

Second Shoulder Exercise

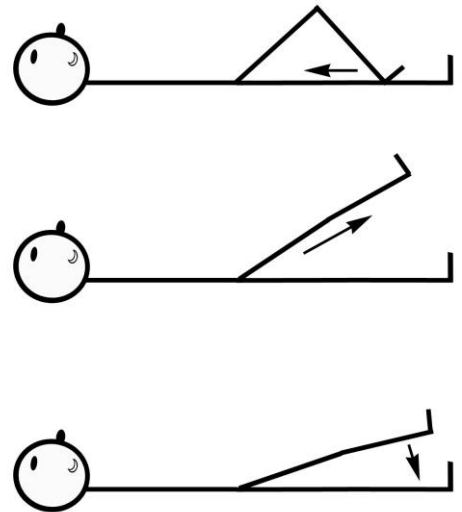
Do as soon as arm can lift past 90°, once every morning. Circle your body around a stationary arm. Start on the side of the looser arm first. Stand with this side to the wall or the edge of a doorframe. Place your hand at shoulder height, palm flat, fingers pointed up, elbow straight, now stand just far enough away that you are leaning into the wall with a slight pressure, and keep that angle in your body to maintain that pressure throughout the exercise. Do these 6 times on each arm.

1. Walk in place toward your elbow, closing up your body as the back of the shoulder stretches. Hold for a moment, drop shoulder and relax neck.
2. Walk in place away from your elbow, opening up your body as the front of the shoulder stretches. You're your shoulder and relax your neck.



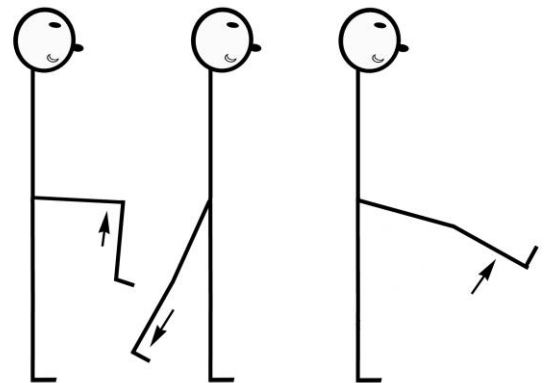
Pelvis Exercise

Lying flat on your back on the floor or on a bed, drag your heel towards your buttocks— by bending your knee to 90°, do not lift the leg as you bend the knee. Relax the leg. Now lift your foot and straighten your leg to 40° off the surface. Then very slowly lower your leg to the bed, using your groin muscles to consciously lower the leg. Repeat 6 times on each side.



Hamstring Exercise

Stand and hold onto something to maintain your balance. On the looser side limb, raise your knee to hip height, then straighten the limb back and place toes on floor behind the limb you are standing on. Relax the straightened limb and swing it forward and upwards to its comfortable limit to feel the calf muscles stretch a bit. Repeat this 6 times on each leg.



Asthma Exercise

Hold the ribcage with both hands, press in while taking a deep breath. Continue pressure on each exhalation. Repeat as many times as is comfortable. Do exercise throughout the day to strengthen muscles surrounding the chest cavity.

Kidney Instructions

For the next 2 weeks, include a bit of raw beet in your diet every day. Get a small to medium fresh beet, peel the outer layer away, then use about a 1/4" slice. You can grate it onto a salad or a bowl of soup, put it on a sandwich, or eat it plain with a squeeze of lemon, you will find it is quite sweet and delicious. It will turn your urine and stools red so do not be alarmed! The beet acts as a blood purifier & tonic to the kidneys. Drink at least 2 litres of water, Fiji or Reverse Osmosis water, 1/2 cup at a time, each day during this 2-week period.