



Home Exercise Program for Strain Counterstrain Positions

UPPER CHEST/STERNUM

Treatment of neck & back pain tightness

- Sitting: Palpate point midline on the sternum/chest plate.
- Slowly slump in the chair, gently folding your body over the point until the tenderness diminishes.
- Find the position of greatest comfort and relax while supported in this position for at least 2-minutes.
- Slowly move out of position.
- Repeat 2x daily.



LOWER BACK & HIP PAIN & TIGHTNESS

- Lying On your back: locate tightness or tenderness on the front hip or belly area.
- Place feet and lower legs on top of a laundry basket, sofa, or chair.
- Move knees to the right - and feel for decreased tension & tenderness in the hip/belly area.
- Rest in this position for 2 to 10-minutes, breathing and relaxing all the muscles throughout your body.
- Repeat in the following positions - moving very slowly after each position:
 - knees to left
 - knees together
 - knees apart with ankles crossed
- Roll to your side if able and perform prayer/shell stretch then stand up slowly
- Perform 2x daily - preferably morning & evening when you are not in a hurry and able to relax.

