



## Home Exercise Program for Strain Counterstrain Positions

### SHELL STRETCH - PRAYER STRETCH for hips, shoulders, & back

- Sit buttocks back onto heels
- Let toes relax
- Let arms reach forward and stretch
- Let head rest down on bed or floor
- Perform deep breathing as you relax all muscles throughout your body for 2--5 minutes.



### PECTORALIS - front of shoulder treatment

- Lying on back with pillow under head
- Pull right arm across chest and stomach with left hand on right wrist.
- Rest in this position for 2-5 minutes, breath & relax all muscles throughout your body
- Repeat on opposite side



IF YOU STILL HAVE TIGHTNESS AT THE BASE OF YOUR HEAD -PROCEED WITH THE FOLLOWING.

### TREATMENT OF THE OCCIPUT -base of head

- Lie on back with pillow under mid-back, small to no pillow under head & neck; or sit on couch or lie on bed and let head hang off the edge.
- Feel for tightness or tenderness at top of neck & base of head
- Turn head in opposite direction away from the tight/tender area. Feel for decreased tension and tenderness
- Find the position of most comfort
- Rest in that position for 2 to 10 minutes



Take your time. Small adjustments can make a big difference.

Breathe & relax all muscles of the body.

Remember to move slowly after each position.

Perform exercises 2x daily preferably in morning and evening while in bed.