Dr. Fulford’s 7 Daily Exercises
to help maintain structural freedom

These exercises are to be used only with approval of your physician.

Stand arms’ length from a wall with your feet shoulder width apart and your palms on the wall at shoulder height. While keeping your heels flat on the ground, bend your knees as much as is comfortably possible and hold this position to gently stretch the lower legs. Breathe fully while you do this for 1 minute.

Stand with your feet shoulder width apart with your arms parallel to the ground. Keep the left palm facing up and the right palm facing down. Breathe. Hold this as long as possible (build up to 10 minutes), then slowly raise your arms above your head, maintaining the relationship of your wrists, until your hands touch. Next lower them slowly to your sides.

A) Sit in a chair with your back straight and your feet on the floor. Clasp your hands behind your head and neck, with the elbows to the sides. Push your hands forward as you push your neck backwards.

B) Seated in a chair as above, place your fingertips on your shoulders and first rotate your elbows up, lowering your head slightly. Continue with this motion and roll your elbows backwards, downwards, then upwards to return to your starting position. Lift the head back up. Continue this for 3 revolutions, then reverse the direction for another three.

Repeat both exercises 5 times, 2-3 times a day for neck and shoulder discomfort.

Thank you Drs. Fulford, Slattery and Koss.