

Magic Circle on a Chair



Pelvic Rocking

MC Pushes onto knees

MC Pushes on knees with Pelvic Rocking & Breathing

How to rotate: how to

MC Pushes on knees: in rotation (oblique)

MC Pushes on knees: in rotation (oblique) with back bends (spinal extension)

MC Pushes on side of chair: in rotation (oblique) with back bends (spinal extension)

Side Presses (on the R side of the chair)

Biceps presses on the shoulder (R, then L)

Side Presses (on the L side of the chair)

Front of shoulder capsule stretches

Shoulder circles

Front of shoulder capsule stretches with Side Bends

Front of shoulder capsule stretches with Rotations

Shoulder Mobilisations

Scapular protraction and retraction

Scapular elevation and depression

Shoulder circles

Head Position & Alignment

Finding head alignment

Chin to Chest (Pulling Head Backwards)

Strengthening the Neck

Pressing on the forehead

Pulling from the back of the head

Side Presses into the side of the head