**EXERCISE UPDATE REVIEW**
Hi all, just a few quick points and then I’m going to do a review and clarification of the exercises, just as if you  were here. First, if any of you shop at Albertsons, please let me know and I’ll mail you an Albertsons Partner Card. Have it swiped each time you shop and a small amount is donated to the clinic. It doesn’t affect your sale or put you on any mailing lists! Thanks. Also the clinic is now affiliated with [http://www.igive.com](http://www.igive.com/)  Please go there, type Spasmodic in the search box; then click on Spasmodic Torticollis Recovery Clinic; then register. You can choose to take a tax dedution for the money they donate to the clinic from your sales; then shop at over 653 stores including Target, Best Buy, Lands' End, Office Depot, JCPenney, Neiman Marcus, Expedia, [amazon.com](http://amazon.com/), [hotwire.com](http://hotwire.com/) for travel, Barnes & Noble, and eBay just to name a few. If you join [iGive.com](http://igive.com/) (and it’s free) and make a purchase within 45 days, [iGive.com](http://igive.com/) will donate $5 FREE to the clinic in addition to a % of each sale! You will often pay less due to coupon codes and special deals. The clinic struggles financially;  I wear all the hats here - teaching, webmaster, secretarial work, transportation, cooking, cleaning the facility, etc., and every little bit helps. Thanks SO much! A note on Tylenol PM from a client - It contains diphenhydramine HCL, the same ingredient in Benadryl which can cause Dystonic reactions, so best not to use it. Also from a client, research has shown that large amounts of Vit. D can cut the possibility of getting some cancers by 50%. The new Shaklee Vitalizer gives you 600 IU’s. I take a bit extra daily. Also recent research has indicated that even one alcoholic drink daily vastly increases the risk of breast cancer for women. Alcohol plays havoc with my muscles, so I’ve quit altogether.
**EXERCISE REVIEW
Basics:** work in slow motion, holding the extension and breathing into it with a slow release. Always do less weight than you’re able. If you can arm curl 30 lbs., do 15 or 20. When military is called for really exaggerate it. That elongates the muscles in the back of the skull, and that is THE key to recovery. Do mini rest breaks on the floor on your back letting your body go heavy and relax for a minute or two every 4 or 5 exercises. You must teach your body how to relax again, as it’s forgotten how. Take long hot baths, use ice packs, use your Obusforme, practice military  throughout the day and massage DAILY. I’ll review the exercises that I feel need some clarification. No sugar or diet sugar substitutes!
**#1. Straight Chair Stretch - part 1**, be sure to push top of head hard toward floor and then sit slowly into strong military. - **Part 2** as in Manual
**#2. Chin Rotation** - here at clinic I have substituted the Head Smile for this one. This is still a good stretch if you can do it, but many can’t and the Head (or chin) Smile is more effective. I insert the Head Smile after the Head Raise.
**#5. Butterfly Swings** - don’t do this if, while you are doing it, it inspires more pull than normal. Wait a few months and try again. this is the bottom line for all the exercises.
**#8. Bend-Hang** - major stretch. Hang, with head loose and heavy, then be sure to stand slowly, chin tucked into strong military. Do throughout the day.
**#9. Bend-Hang Twist** - don’t bother with this until your head is flexible enough to flip flop. Great maintenance exercise, once into recovery.
**#10. Dumb Bell Raise** - being in a strong military is key here. Try doing it standing against a wall, heels and back of head touching wall, chin way down. Now in that position and breathing, lift bell up and down, maintaining the military.
**#15.  Leg Overs** - Don’t do this until you are into recovery mode and head is straight! And you don’t ever have to do it.
**#16. Head Raise** - do this with hands behind head. After this stretch, insert the Head (or chin) Smile. In that head up position, draw a big smiley face with your chin (hands till behind your head). This stretches muscles up in the skull.
**#17. Cross Legged Body Curl** - major stretch! Don’t over do it.
**#20. Shrugs** - do throughout the day, head relaxed.
**#21.** I’ve eliminated this one here at the clinic and substituted **The Flex**. Please do the Flex as it’s really great for the back of the skull. Stand, bend over at waist, head hanging loose. Clasp hands behind back and raise arms as high as you can, head still hanging loose. Don’t hold your breath.
**#23. Chest Flexor** - no longer available in rubber. Go to [www.amazon.com](http://www.amazon.com/) and do a search for Chest Expander and you’ll see several choices. Or check local stores. The spring ones are probably best; you can start with only one spring. Or use bands. but, most important, do this lying down on floor in a strong military. Don’t do standing until you’re into recovery.
**GYM**Use a rowing machine daily if you have one, head way down, If you have a gravity table, use it at least 3 to 4 times a week - wonderful full body traction. The Head Harness is one of the best tools in the program. Be sure to use it as on the video/DVD, head and shoulders curled way under, head skimming the floor. You are actually pulling out with the trunk of your body, not your head! Wherever the military is called for in a stretch, be sure to exaggerate it so you feel the strain and stretch in the back of the head. Practice military in bed and on the floor as well. Again, take frequent rest breaks; this is not time off; you are proactively teaching your body to relax. If you have access to a warm pool by all means use it at least 3 times a week, even if all you do is the first swim exercise; it’s the most important one. The water work will definitely enhance your recovery.
    Remember to email or call me with any questions or just if you need encouragement.
    Keep on keeping on. Try to stay positive. Don’t say negative things, but keep your eyes on the goal and take it one day at a time. This is a process. **And remember our new postal address:**S.T.R.C., Inc.
5 Bisbee Ct. 109-238
Santa Fe, NM 87508
Bless you, Abbie

------
\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*
**Spasmodic Torticollis Recovery Clinic, Inc.
Be encouraged - there's hope!!!!**[**http://www.STclinic.com**](http://www.stclinic.com/) **...............**