I want to remind you of a few things: remember to do your stretches almost in slow motion, holding the extensions and breathing. Take frequent rest breaks; your body has forgotten how to relax, so you need to be pro-active in teaching it how again - on your back on the floor, deep breathing and letting your body go very heavy. You’ll get good at this and eventually be able to will it with more ease; all the while your body and brain are learning that relaxation is possible. As with the exercises, repetition is key. When doing #1, The Straight Chair Stretch, a key exercise, during the first part, push your head toward the floor and breath as you push; then sit slowly into a severe military and repeat. During the 2nd part where you are going side to side, push the top of your head out, away from you and stretch out the short side a bit more than the long; i.e. if you turn or pull to the right, you want to a few more side stretches toward the left, which elongates the muscles at the side of the neck and across the shoulders on the right. Other key exercises are the Bend-Hang (again, standing into a severe military), head raise and head or chin smile, and Cross-Legged Body Curl. That doesn’t mean the others are not important. If your mid back tightens up, it will immediately affect your neck, so the seated pull and rowing machine are both important and so on. Remember we ST’rs need to work the entire body. The movers broke my Gravity Table and am waiting for a new part to fix it. I personal love that machine because it provides a full body traction. You can’t use it if you have uncorrected high blood pressure, Glaucoma or are on Artane (as that drug causes high blood pressure in the eyes). And then of course, there’s massage - the more the better!! If you are using the Kneading Fingers machine, use it in a high back, fairly firm back chair. Place the knobs at the base of your head (EOP), scoot your bottom way forward on the chair and tuck your chin; then push against the knobs for a deep massage, and work up and down the entire back. Use your Shepherd’s Crook to dig into the trigger points along the top of the Traps (shoulders) and your Bodo up under the EOP ridge from ear to ear (skipping over the very center where the brain stem is).

 I hope some of these reminders will be helpful. And sleep on your back! If your bed is not warm, this will be almost impossible - to stay on your back all night, so an electric blanket or heated mattress pad will both do the trick unless you sleep as I do on a warm waterbed; I find the full motion mattress best. I keep you in prayer - hang in there. Don’t ever give up; this is a lifestyle. Note all new contact info. on letterhead. Blessings,