

## *Taoist Physiotherapy Muscle Exercises - Tony Jones*

### **Spine & Lower Back**

- 1) Lay on Back-Knees up together-Stretch Arms out-Draw Hand to other Hand-Touch Figures-Opposite (5x).
- 2) Lay on Back-Knees up together-Draw Leg out-Toe to Floor Shoulders Down-Other Knee push Leg Back (5x) Reverse.
- 3) On all 4s-Stretch Arm Up & Back-Same Arm draw under Chest Reach out turning with Shoulder touching Floor (5x) Reverse.

### **Leg Muscle Craps**

- 1) Sit up-Hands between Legs & Side of Knee-Strengthen Legs-Stretch Toes back-Push Heel out-Lift (8x)-Switch Legs (8x) (Each Leg Counting Down 8x to 1x each time).