

# Basic program:



Here is a very good basic program that we, QINopractic practitioner around the world, think you should/have to do to improve your physical health. It's really about a lifestyle change and not some short program you do for a month or two.

## Goal:

Strengthen your back so that "it" can hold your upper body upright and strengthen the gluteus muscles (your bum...). There are two parts to this basic program: Balance Ball (Gym ball) and Rubber Bands:

## Frequency:

Balance (Pilates or Gym) Ball - 10-30 minutes each day.

Rubber Band - 5 minutes every other day?

## Tools / accessories needed:

Balance ball, Rubber band



## Every day:

### Balance Ball - 10-30 minutes.

Sit on Pilates ball and do the following exercise:

Lift one knee at a time, about 2 cm (1/2 inch), hold for 3 seconds then lower it again. Do the same with the other leg. Do this 10-30 minutes each day. Keep your upper body still at all times.

It doesn't matter whether it's done during breakfast, at work or in front of the TV.

The important thing here is that you sit up straight while shifting your weight.

**GOAL:** Core stability.

## Every Second day:

### Rubber Band Training - 5 minutes.

Every other day, you should train (work out) your "butt" (Gluteus Medius and Maximus), to strengthen the pelvic region and stabilize the knees

5 minutes every other day. If you can sacrifice three commercial breaks a the week this exercise will help you immensely.

Go to the right 5 times then to the left 5 times and →

"kick back" at an angle 5 times to the right and the 5 times to the left. ↗

Do this for 5 minutes. Every second day.



Start with legs about shoulder width (appr. 30-40 cm apart)

Move one leg 15 cm to the side, follow with the other leg (15 cm) to the starting position (30 cm apart)

Never put your legs/feet together. You can hold the rubber band like U or X (harder).

**GOAL:** Strengthen the "butt" so that they can stabilize the pelvis and knees.

This will prevent low back pain and knee problems.

Please feel free to contact me if you have any questions or if you want to book a time.



Your therapist:

