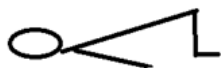


Jenny Manning Treatment Plan 2/12/23

1. Bridge with block

You will need to buy a chip block from K mart or use something similar.



- Breathe in with pelvis on the ground
- Breathe out and lift
- Breath in and hold
- Breathe out as you lower
- Repeat 4-6 times per day

2. Calf stretches on stairs

- Do 5-6 dynamic stretches and then do a hold.
- Suggest you do this before and after your walks

3. Five Breath Technique

- Bring awareness to legs and take a breath in and a deep breath out
- Repeat 4 more times - breathing into torso, arms , head and whole body
- You can do this standing, sitting, lying in bed etc. If using for insomnia - just keep repeating even if your mind drifts off- keep coming back to the legs and starting again.