

The Milichich Method: These exercises are to help re-programme the pro-gravity movement system back into your muscle memory. They should be used regularly to sustain and maintain your full natural range of movement so that you can have better posture by default; a position of relaxed neutral from a full range of natural movement. 'Use it or lose it'ONCE A DAY..... FOREVER..... it only takes 40 seconds. 1 or 2 of each only.

STAR GAZE /YAWN

- Look up to see the ceiling
- Get taller with your breast bone
- Breathe 'in' then 'out' at the top
- Open the jaw wide
- Upper back/blades squeeze gently



CAT ARCH

- Chin on breast bone
- Tuck tail bone 'in'
- Breathe 'out', sink the breast bone in and round the shoulders
- Breath out, out, out, out



UPPER BACK TWIST

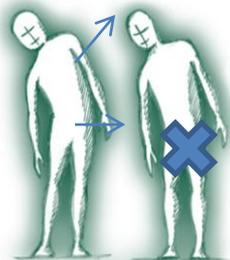
The lower back does not twist. Look over your shoulder, pull the blade back gently. Heel must lift like a golfers 'follow-thru' so that you don't twist your disc. (Step with your feet so you don't twist and rupture your disc)



SIDE SWAY

Bend sideways to the left and right.

- Sway your hips to the right, lift your ribs/armpit up and out to the right. The weight will transfer to the LEFT foot. To both sides.



FLAT FOOTED SQUAT

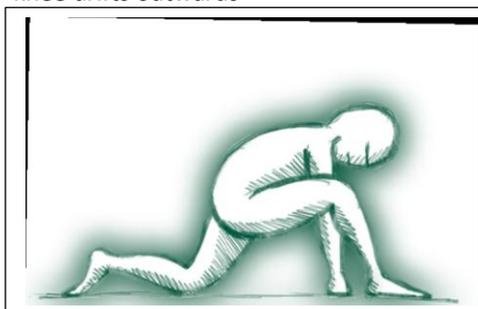
- Feet shoulder width apart.....eyes on the horizon..... Fingers in your groin/hip joint crease..... Drift hips back....trunk tips over to balance.....feel the 'tug' in hamstrings.....soften the knees and round them outwards tip over to rest elbows on knees.....(knees now at a right angle).....now let your shoulders down between your knees..... then let your butt down to your heels. This will traction your discs, lengthen your hamstrings and use your hip joints thru their full range. Always feel the weight 70/30 in your heels



HIP FLEXOR STRETCH

To compensate for sitting, the hip flexor muscle needs to be stretched.

Hold for 25 seconds for each side. Front knee drifts outwards



HULK GROWL (LAUGH ACTION)

Use the hulk growl to return your body to 'Qi' so that your diaphragm 'lets go'.

Now you will have better balance and your core will automatically work for you with everything you do. Use this to 'undo' the posture of stress.

