



Self-Care Worksheet Name: _____

Date: / /

Stretching * Breathe, and don't force it. Stretch as long as it feels good and stop when it doesn't feel good. If it never feels good to stretch, go in short increments of 5 seconds with 3-5 repetitions. This method limits muscle guarding and helps stretching not feel forced.

Lower Body

- Feet / Arches
- Calves
- Shins
- Inner Thigh
- Outer Thigh
- Hamstring
- Quadriceps
- Hip Flexors

Upper Body

- Low Back
- Upper Back
- Chest
- Armpits / Ribs
- Biceps
- Triceps
- Forearms / Hands
- Neck

Hot/Cold/Massage Application

- Hot Bath w / wo Sea Salts
- Hot Bath or Shower
- Heating Pack (moist heat)
- Cold Pack
- Vascular Flush
- Light Therapy Infrared/FullSpec
- Massage Points with Tool
- Massage with Vibration

Eating/Drinking

- Loose Egg Whites in AM / PM
- Lemon in water
- Warm Soups/Stew
- Increase Water
- Increase Protein
- Green Leafy Veg.
- _____

Exercise & Strengthening Safety Muscles

- Exercise _____ Light Walking 10-30 min. Trampoline Aerobic _____ min 3x/wk
- Abdominals _____ Crossover 2-Legged Circles Rollback Crunch On Gym Ball
- Glutes / Butt _____ Kickbacks Bridges T's Use Ball Use Weight _____#
- Rotator Cuff _____ Sidelying with 5 #or 8# Weight With Bands
- Posterior Deltoid _____ 5# 8# 10#
- Teres _____ 5# 8# 10#
- Inner Thigh – attn to lower section _____ 5# 8# 10# ankle weight body bar no weight
- Quads – attn to lower section _____ 10# 15# 20# 25# 30# 35# 40# 45# 50#

Postural Changes

- Walk with feet straight Sit back in office chair Use Footrest Adjust chair
- Put monitor height at eye level Don't crane head forward Sit up Use headset

Energy Exercises

- Triplewarmer Sedating** Hold Primary Neurovasculars Hold TW Acupuncture Sedating Points
- Hold Intuition & Life Force Cover the Eyes Rescue Calm Homeopathic Hold Temple & Throat
- Core Daily Energy Routine Exercises** 3 Thumps Wayne Cook Cross Crawl
- Homolateral Cross Crawl Wayne Cook Child's Pose Crown Pull Hook Up Zip Up
- Broad Exercises** Separating Heaven & Earth Heaven Rushing In Celtic Weave Polarity Breath 4 Energies Control Reset Blow Out Aura Fluff Hold Chakras ___ and ___
- Five Rhythms** Spring: Expel Venom Summer: Taking Down Flame Indian Summer: Cradling Baby
- Autumn: Human Touching Divine Winter: Blowing Out Candle
- Strange Flows / Radiant Circuits** Spleen Triplewarmer Bridge Yin Bridge Yang
- Regulator Yin Regulator Yang Belt Flow Penetrating Flow

Meridians

- Thump Alarm Point Thump Acupuncture Point Twist Alarm Point Hold Sedate/Strength Pts
- Trace Forward Trace Backward Massage Lymph Point Use Flower Essence Use Herbs

Water: Kidney Bladder Wood: Liver Gallbladder Fire: Heart Small Intestine Circ. Sex

Triplewarmer Earth: Stomach Spleen Metal: Lung Large Intestine