



Clinical Somatics Chair Exercises: Course Summary

Lesson 1 (20 minutes):

The exercises in Lesson 1 teach you how to release and gain control of your back, abdominal, and shoulder muscles. These exercises help to relieve lower back pain, disc problems, sciatica, lordosis, scoliosis, and shoulder tension and pain.

Upper Trapezius Release
Arch & Flatten
Back Lift

Lesson 2 (19 minutes):

The exercises in Lesson 2 teach you how to release and gain control of your obliques, the muscles of your waist that hike up your hips, bend your spine to the side, and rotate your spine. These exercises help to relieve scoliosis, disc problems, sciatica, hip pain, functional leg length discrepancy, and pelvic torsion and rotation.

Arch & Flatten
Side Curl
Bending Side to Side
Hip Raises
Hip Slides
Hip Circles

Lesson 3 (25 minutes):

The exercises in Lesson 3 teach you how to release and gain control of your abdominals, hip flexors, and hip rotators. These exercises help to relieve kyphosis, forward head posture, shallow breathing, lower back pain, hip pain, iliopsoas syndrome, groin pain, knee pain, and internal and external rotation of the hips, knees, and ankles.

Arch & Flatten
Arch & Curl
Iliopsoas Release
Internal and External Hip Rotator Releases
Inversion

Lesson 4 (24 minutes):

The exercises in Lesson 4 teach you how to release and gain control of the abdominals, back muscles, and chest and shoulder muscles. These exercises help to relieve back pain, disc problems, sciatica, scoliosis, lordosis, hip pain, shoulder tension and pain, frozen shoulder, and thoracic outlet syndrome.

Arch & Flatten
One-sided Arch & Curl
Scapula Scoops 1 & 2
Lower Back Release

Lesson 5 (18 minutes):

The exercises in Lesson 5 teach you how to release and gain control of the back muscles, abdominals, obliques, and shoulder muscles. These exercises help to relieve back pain, disc problems, sciatica, lordosis, scoliosis, hip pain, shoulder tension and pain, and neck pain.

Arch & Flatten
Diagonal Arch & Curl
Washcloth

Lesson 6 (26 minutes):

The exercises in Lesson 6 teach you how to release and gain control of the obliques and the muscles involved in breathing. These exercises help to relieve kyphosis, scoliosis, shoulder tension and pain, thoracic outlet syndrome, and shallow breathing.

Arch & Flatten
Diagonal Curl
Steeple Movement
Rib Cage Shifts
Breathing Exercises

Lesson 7 (18 minutes):

The exercises in Lesson 7 teach you how to release and gain control of the abdominals, back muscles, quadriceps muscles, gluteal muscles, and internal and external hip rotators. These exercises help to relieve back pain, hip pain, knee pain, sciatica, lordosis, kyphosis, and misalignment of the legs.

Arch & Flatten
Quadriceps Release
Gluteal Release
Flowering Arch & Curl

Lesson 8 (25 minutes):

The exercises in Lesson 8 teach you how to release and gain control of your obliques and the muscles of your legs and feet. These exercises help to relieve scoliosis, functional leg length discrepancy, plantar fasciitis, Achilles tendinitis, shin splints, and foot and ankle pain.

Arch & Flatten
Big X
Shin Release
Calf Release
Seated Hamstring Release
Foot Exercises

Lesson 9 (29 minutes):

The exercises in Lesson 9 teach you how to release and gain control of the muscles of the neck, shoulders, arms, and hands. These exercises help to relieve forward head posture, tension and pain in the neck and shoulders, frozen shoulder, tennis and golfer's elbow, carpal tunnel syndrome, and De Quervain's tenosynovitis.

Arch & Flatten
Head Lifts
Shoulder Directions
Shoulder, Elbow & Wrist Releases

Lesson 10 (29 minutes):

The exercises in Lesson 10 teach you how to release and gain control of your back muscles, abdominals, obliques, and the muscles of your face, jaw, and neck. These exercises help to relieve lordosis, functional leg length discrepancy, pelvic torsion and rotation, hip pain, scoliosis, neck pain, facial tension, and temporomandibular joint pain.

Arch & Flatten
Pelvic Clock
Seated Twist
Face & Jaw Exercises