



First Aid for Backs Therapeutic Benefits



Institute for Rehabilitative Qigong & Tai Chi

Abdominal Breathing

Key Muscle activation

Diaphragm

Pelvic Floor

Transverse Abdominus

Bonus

Parasympathetic NS activation**

Sacral Nutation/Counter-nutation

Ankle Circles

Key Muscle activation

Tibialis Anterior/Posterior

Peroneals

Gastrocnemius/Soleus

Bonus

Proprioceptive activation

Distal Circulation

3-Way Rotations

Visual Scanning (cervical activation)

Key Muscle activation

Diaphragm

Cervical/Thoracic/Lumbar Rotators

Rotator Cuff

Bonus

Parasympathetic NS activation**

Cervical to lumbar vertebral segmental
ROM

Neural Mobilization

CSF Flow

Frog Legs Variation

Key Muscle activation

Cervical/Thoracic/Lumbar Rotators

Hip Abductors/Adductors

Rotator Cuff

Bonus

Deep Front Line mobilization

SI Joint mobilization

Lymph Node compression

Figure 4 Variation

Key Muscle activation

Cervical/Thoracic/Lumbar Rotators

Hip Rotators

Rotator Cuff

Bonus

SI Joint mobilization

Piriformis/Gluteal lengthening

Alligator Opening Variation

Visual Scanning (cervical activation)

Key Muscle activation

Cervical/Thoracic/Lumbar Rotators

Hip Rotators

Rotator Cuff

Bonus

Decreased lumbar loading

Cranial to Caudal Rotation

SI Joint mobilization

Anterior Chest/Shoulder opening

Superficial Front Arm Line mobilization

Median Nerve mobilization



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Knee Down Twist Progression

Key Muscle activation
Internal/External Oblique
Lumbar Rotators

Bonus

Mid to end lumbar facet ROM
SI Joint mobilization
Gluteal lengthening
Spiral Line lengthening
Anterior Chest/Shoulder opening
Median Nerve mobilization

Whole body opening/closing

Key Muscle activation
Internal/External Hip Rotators
Internal/External Shoulder Rotators
Erector Spinae
Rectus Abdominus

Bonus

Anterior/Posterior Pelvic Tilting
Sacral Nutation/Counter-nutation
Median Nerve mobilization

Spontaneous Release Movement

Key Muscle activation
Diaphragm
Synergistic whole body

Bonus

Emotional tension release
Subconscious directed movement

Tiger Stretch

Key Muscle activation
Rectus Abdominus

Bonus

Lumbar segmental opening
Erector Spinae lengthening
Hip flexion ROM
Shoulder elevation ROM

Cat-Dog

Key Muscle activation
Diaphragm
Rectus Abdominus
Erector Spinae

Bonus

Anterior/Posterior Pelvic Tilting
Sacral Nutation/Counter-nutation
Lumbar segmental opening/closing
Cervical-Thoracic flexion/extension ROM

Bird Dog

Key Muscle activation
Diaphragm
Transverse Abdominus
Pelvic Floor
Multifidi
Gluteals
Deltoids
Rotator Cuff
Lower Trapezius

Bonus

Quadruped balance
Hip/Shoulder ROM