



Spine and Lower  
Extremity Dysfunction  
Therapeutic Benefits



# Institute for Rehabilitative Qigong & Tai Chi

## Sub-Acute Form: Pain=Stiffness

### **Tapping**

Enhanced Circulation  
Sensory Stimulation

### **Ankle Circle**

Key Muscle activation  
Tibialis Anterior/Posterior  
Peroneals  
Gastrocnemius/Soleus

#### Bonus

Proprioceptive activation  
Distal circulation

### **Ring Temple Gong**

Visual Scanning  
Cervical muscle activation  
Vestibular stimulation

#### Key Muscle activation

Cervical/Thoracic/Lumbar Rotators

#### Bonus

Ankle stabilization  
Lumbar segmental mobilization  
Active relaxation  
Acupressure point stimulation

### **Beat Heavenly Drum**

Visual Scanning  
Cervical muscle activation  
Vestibular stimulation

#### Key Muscle activation

Cervical/Thoracic/Lumbar Rotators  
Pectoralis Major  
Posterior Deltoid  
Middle Trapezius

#### Bonus

Ankle stabilization  
Thoraco-Lumbar mobilization  
Active relaxation

### **Wind in Bamboo**

#### Key Muscle activation

Obliques  
Quadratus Lumborum  
Pectoralis Minor  
Deltoid  
Scapulo-Humeral Rhythm

#### Bonus

Thoraco-Lumbar spine side bending  
mobilization  
Intervertebral Disk hydration  
Latissimus Dorsi / QL lengthening  
Lateral Line mobilization

### **Hip Circles**

#### Key Muscle activation

Gluteals

#### Bonus

Lumbar Spine stabilization  
Femoral-Acetabular capsular mobilization  
Hamstring/Hip  
Flexor/Adductor/Gastrocnemius  
lengthening

### **Gathering**

#### Key Muscle activation

Transverse Abdominis  
Pelvic Floor  
Mid / Low Trapezius  
Infraspinatus/ Teres Minor  
Supraspinatus  
A/M/P Deltoid  
Serratus Anterior



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Rhomboids  
Gluteals  
Quadriceps

Balance/Coordination  
Postural Control  
Anterior/Posterior Planes

Bonus  
Core muscle activation  
Thoraco-Lumbar mobilization  
Hip/Knee ROM  
Ankle Dorsiflexion ROM

## Gecko Press

Visual Scanning  
Cervical muscle activation

Key Muscle activation  
Cervical/Thoracic/Lumbar Rotators

Bonus  
Cervical/Thoracic/Lumbar mobilization  
Spinal flexion preference  
Lumbar traction

## Cloud hands

Visual Scanning  
Convergence / Divergence  
Cervical muscle activation

Key Muscle activation  
Cervical / Thoracic / Lumbar spine  
rotators  
Mid / Low Trapezius  
Infraspinatus/ Teres Minor  
A/M/P Deltoid  
Obliques  
Anterior Shoulder Opening

## Dantien Circling

Visual Tracking  
Convergence / Divergence

Key Muscle activation  
A/M/P Deltoid  
Supraspinatus  
Mid/Low Trapezius  
Transverse Abdominis  
Quadriceps  
Gluteals

Balance/Coordination  
Dynamic Stability  
Postural Control  
Anterior/Diagonal Planes  
Spinal Spiraling (Silk Reeling)

## Ocean Wave

Key Muscle activation  
Quadriceps  
Gluteals  
Erector Spinae

Bonus  
Ground Force transfer  
Fluid Spinal ROM  
Spinal Spiraling (Silk Reeling)



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## Chronic Form: Stiffness>Pain

### **Lazy About Tying the Coat**

#### Key Muscle activation

Cervical / Thoracic / Lumbar spine  
rotators

Mid / Low Trapezius

Rotator Cuff

A/M/P Deltoid

Rhomboids

Obliques

Gluteus Medius

Deep 6 Rotators

#### Bonus

Ground Force transfer

Fluid Spinal ROM

Spinal Spiraling (Silk Reeling)

SI Joint mobilization

Advanced coordination training

### **Grasping the Sparrows Tail**

#### Key Muscle activation

Cervical / Thoracic / Lumbar spine  
rotators

Pectoralis Major/Minor

Upper/Mid/Low Trapezius

Rotator Cuff

Teres Major

A/M/P Deltoid

Rhomboids

Biceps/Triceps

Obliques

Gluteals

Deep 6 Rotators

Quadriceps

Hamstrings

Soleus

#### Bonus

Ground Force transfer

Spinal Spiraling (Silk Reeling)

SI Joint mobilization

Advanced coordination training

Postural Control

### **Inner Rivers Flowing**

#### Key Muscle activation

Pectoralis Major/Minor

Mid/Low Trapezius

Infraspinatus/Teres Minor

A/M/P Deltoid

Rhomboids

Biceps/Triceps

Obliques

Gluteals

Quadriceps

Hamstrings

Soleus

#### Bonus

Hamstring mobilization

Quadratus Lumborum lengthening

Postural Control

### **Swimming Dragon**

#### Visual Scanning

Cervical muscle activation

#### Key Muscle activation

Cervical / Thoracic / Lumbar spine  
rotators

Pectoralis Major/Minor

Upper/Mid/Low Trapezius

Rotator Cuff

A/M/P Deltoid

Rhomboids

Biceps/Triceps

Obliques



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Gluteals  
Quadriceps  
Hip Adductors  
Gastrocnemius

## Bonus

Ground Force transfer  
Spinal Spiraling (Silk Reeling)  
SI Joint mobilization  
Advanced coordination training  
Postural Control  
Endocrine stimulation  
Lymph node compressions