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 Person sitting with feet flat on the floor. We ask them to put hands behind the head with fingers interlocked.
2.



2. We ask the patient to turn to one side and the other to check which side is easier or more comfortable and doesn't hurt. We do the exercise to that side.





3. We ask the patient to hold the position to a (slow) count of three and release suddenly but not brusquely, letting go of head <u>and</u> arms.

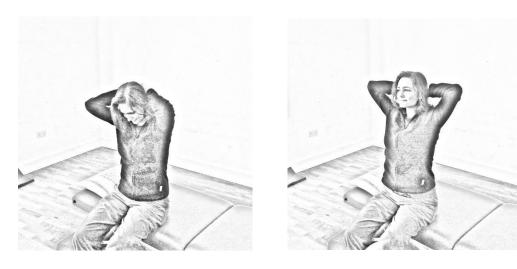


4. We ask patient to return the body to the centre with arms and head down.



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5. We ask patient to lift the head **and the arms** to original position.



6. We ask the patient to rest the arms before resting for about 15 to 20 seconds and repeating two more times.



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