



**Dave's
NMT & Fitness**

Head-Knee-Hand Counter Rotation

Movement Therapy

These instructions are designed to be a reminder for those who have already been taught the exercise by a qualified instructor. If you have not been previously taught, and the exercise produces any undesirable effects, stop immediately and consult a professional.

This is designed as a movement therapy as opposed to a stretch. The movements should flow one to the other, without significant pause in any position. The entire exercise should be kept within a pain free range of motion.

The exercise begins lying face up with legs together, knees bent, and feet on the floor. The arms should be extended out to the sides with both palms up.

- 1) Turn the head to the right without lifting the head so the affect is to be rolling rather than spinning.
- 2) Roll the right arm to turn the palm down. The left hand does not move yet.
- 3) Allow both knees to gently fall to the left.

The person is now in position to begin the exercise movements.

- 1) Simultaneously, turn the head to the left, turn both hands over, and let the knees fall to the right.
- 2) Stop as soon as resistance is felt.
- 3) Simultaneously, turn the head to the right, turn both hands over, and let the knees fall to the left.
- 4) Repeat the movements slowly without significant pause in any position until it feels smooth for eight to ten repetitions.

The affect of this exercise is to facilitate all of the neurological pathways, which control flexion, and extension of the spine. An increase in pain free and resistance free range of motion is usually noticeable by the end of the exercise.

This exercise is recommended one or two times per day for ongoing spinal health, however, it may be used more frequently in the case of recurrent tension patterns.