

Sotai Exercises

Dear Patient,

You have been given a set of exercises to do at home. Sotai exercises are designed to help you remain flexible and out of discomfort between treatments. You can use them preventatively and apply them when you need them.

There are some basic principles to remember.

- Do no movement that causes pain or discomfort.
- One side or direction will be looser and without pain. Choose this direction or side to do the exercises.
- The breath is key. It resets your nervous system.
- More is not better. You can overdo it.

Steps:

1. Check to see which side or direction is tight and/or painful. Choose the opposite side or direction.
2. Inhale normally.
3. On the exhale, start the movement. Do only to 80% strength of what you can do.
4. At the bottom of the exhale, hold your breath for 3 seconds.
5. Then, relax and collapse the whole body.
6. Do a set of 3 and then go on to the next exercise.