



*Movement*  
*and*  
*well-being*

# Warm-up

You are motivated to start a training program, congratulations. But to gain the most, start with a warm-up for at least

15 minutes.

Our way of life should involve movement which is intricately associated with the idea of "well-being". However, non-movement activities entrap us with all the bad consequences for our health.

The use of this exercise program in our daily life represents without a doubt an improvement in our quality of life. The alternation of contractions and stretches of the muscle chains insures an essential balance for the proper function of our bodies.

The greatest danger for our health, according to Dr. Cooper, isn't in our environment but in our reactions.

## Why ?

- to prepare for an effort.
- to avoid injuries.

## How ?

- by walking, instead of taking the car for errands.
- by activities such as gardening, housework, etc.
- by increasing heart rate with a fast walk or light jogging.

## Remarks...

Whatever you choose, your heart rate should increase while still being able to talk with someone while doing the warm-up. If not :

- either you haven't raised your heart rate and you run the risk of injury by doing this program.
- or you have raised your heart rate too high and are out of breath. Your activity for warm-up was too intense.

In either case, your warm-up was not adequate..

# Precautions

- It is recommended to have an adequate medical examination to determine if one's health will allow the unrestricted use of this brochure.

- Proper execution of this program helps to maintain well-being. However, any incorrect or excessive exercises can harm the health; hence it is recommended to seek the advice of competent people.

- The Swiss Chiropractic Institute and the Sports Service of the University and Federal Polytechnical School of Lausanne cannot be held responsible for any accidents that occur during or after the use of this program.

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## It's good to know...

- The more mature you are, the more your warm-up should be prudent and progressive. Your risk of injury increases with age because of a loss of tissue elasticity.
- It is not recommended to do this exercise program while "cold", such as just after waking.
- Many people talk about stretching exercises; they are good but should not be done while not warmed up.

start and finish the 5 phases of this series with exercise 1  
choose exercise 2a or 2b and exercise 4a or 4b

# Neck 1

1



Stretch the neck muscles

30"

- Tuck the chin towards the sternum for 30".

2a



Reinforce the neck muscles

10"  
20"

- Press your chin against your two fists.
- Hold for 10" - 20".

2b



Reinforce the neck muscles

10x  
20x

- Push the chin down and up while maintaining pressure (10-20 repetitions).

3



Stretch the neck muscles

30"

- Look up with the mouth closed for 30 seconds.

4a



Reinforce the neck muscles

10"  
20"

- Pull forward on the towel.
- Hold for 10" to 20".

4b



Reinforce the neck muscles

10x  
20x

- Execute the movement to and fro whilst maintaining pressure (10-20 times).

start and finish the 5 phases of this series with exercise 1  
choose exercise 2a or 2b and exercise 4a or 4b

# Neck 2

1

Stretch the left neck muscles



- Lift the left shoulder.
- Tilt the head to the right.
- Lower the left shoulder by pushing the left palm down.
- Hold the position for 30".

2a

Reinforce the right side neck muscles



- Push against the right temple.
- Hold for 10" - 20".

2b

Reinforce the right side neck muscles



- push the head to the side against resistance for 10" - 20".

3

Stretch the right neck muscles



- Lift the right shoulder.
- Tilt the head to the left.
- Lower the right shoulder by pushing the right palm down.
- Hold the position for 30".

4b

Reinforce the left neck muscles



- Push the head to the side against resistance for 10" - 20".

4a

Reinforce the left neck muscles



- Push against the left temple.
- Hold for 10" - 20".

start and finish the 5 phases of this series with exercise 1

# Shoulders

(shoulder girdle)

2 Reinforce the upper muscle chain of the back



- From a lying position, push down with the elbows and lift the head and shoulders several centimeters.
- Hold for 10"- 20".



1 Stretch the anterior muscles of the shoulder girdle

- Place the forearms against a doorframe, elbows bent to 90°. Push the trunk forward. Hold for 30".

3 Stretch the upper muscle chain of the back



- Cross your hands on a door handle, move the pelvis backward by relaxing the shoulders. Legs straight or slightly bent.
- Hold for 30".
- Be careful not to slip or slide.

4 Reinforce the anterior muscles of the shoulder girdle



- Lay on your knees with your hands turned outwards, elbows bent to 90°.
- Hold 10"- 20".
- Slight dips (almost like a push-up) are also possible. 10-20 repetitions.



# Trunk (pelvic girdle)

start and finish the 5 phases of this series with exercise 1  
choose either exercise 2a or 2b and exercise 4a or 4b

1

Stretch the abdominal wall muscles



• Lying on your belly, keep the pelvis on the floor and raise the chest gradually during 30".

2a

Reinforce the lower back muscle chain



• Lay on your back with knees bent to 90°. Lift the pelvis, keeping the back straight and in line with the thighs.  
• Hold for 10" - 20".  
• You can also flex and extend the hip (10-20 repetitions)

2b

Reinforce the lower back muscle chain



• Same as 2a with one leg held out straight, in line with the body.

3

Stretch the lower back muscle chain



• Sitting, lower the shoulders between the knees for 30".

4a

Reinforce the anterior muscle chain of the trunk



4b

Reinforce the anterior muscle chain of the trunk



• Same as 4a, with one leg raised.

• Support yourself on your toes and forearms. Hold for 10" - 20", without curving the low back.

start and finish the 5 phases of the series with exercise 1  
choose either exercise 2a or 2b and exercise 4a or 4b

# Trunk

(lateral muscles)

1

Stretch the right side



- From a right side-lying position, keep your pelvis down and gradually raise the chest. Hold 30". Keep the body in line, don't bend forward or backward at the waist.

30"

2a

Reinforce the left side

- While balancing on the left forearm, lift the pelvis without bending forward or backward at the waist.
- Hold for 10" - 20".
- You can also lift/lower the hip (10-20 repetitions)

10" 20"

2b

Reinforce the left side

- For less of an effort, do this exercise with the knees bent 90°.

10" 20"

3

Stretch the left side



- From a left side-lying position, keep your pelvis down and gradually raise the chest. Hold 30". Keep the body in line, don't bend forward or backward at the waist.

30"

4b

Reinforce the right side



- For less of an effort, do this exercise with the knees bent 90°.

10" 20"

4a

Reinforce the right side

- While balancing on the right forearm, lift the pelvis without bending forward or backward at the waist.
- Hold for 10" - 20".
- You can also lift/lower the hip (10-20 repetitions).

10" 20"



The pelvis is a complex articulation. Because of this, we suggest to link exercises 1 and 2, which not only reinforces but also mobilises the articulation, then do the stretches 3 and 4.

# Pelvis

(anteversion and retroversion)

2

Reinforce the retroversion muscles of the pelvis



- Lift the lumbar region by tilting onto the coccyx.
- Flatten the lumbar region by lifting the coccyx.
- Do 10 - 20 repetitions.

1

Reinforce the anteversion muscles of the pelvis



3

Stretch the anteversion muscles of the pelvis



- Hold yourself with your free hand.
- Pull your heel towards your buttocks, push the pelvis forward.
- Hold for 30", then repeat other side.

30"

3

Stretch the anteversion muscles of the pelvis



- Elbow to the ground, hook the arm under the leg.
- Bend to the side while stretching the arm over the head.
- Hold for 30", then repeat other side.

30"

4

Stretch the retroversion muscles of the pelvis



- From a prone-lying position, keep the pelvis on the ground as you gradually raise the trunk for 30".



- Lift the right leg and hold straight for 30".
- Same on other side.

30"

4

Stretch the retroversion muscles of the pelvis



The pelvis is a complex articulation. Because of this, we suggest to link exercises 1 and 2, which not only reinforces but also mobilises the articulation, then do the stretches 3 and 4.

# Pelvis

(lateral muscles)



- Lying on the back, knees flexed to 90°, low back flat on the ground.
- Tilt the pelvis to the side towards the shoulder, alternating left and right.
- This exercise can be done standing, legs spread as wide as the hips, knees slightly flexed.
- Repeat 10 - 20 times exercises 1 and 2.

10x  
20x



- Straighten the chest.
- Tilt to the side by stretching the arm overhead.
- Hold 30", repeat other side.

30"



## *Message from the Swiss Chiropractic Institute*

The goals of this exercise program are to promote body activities vital to a good equilibrium, and to help in the physical rehabilitation for those who suffer the aches and pains due to accidents or the aging process.

This brochure is the fruit of an extraordinary effort between the experts of the Sports Service of the University and Federal Polytechnical School of Lausanne and the Clinicians of the Swiss Chiropractic Institute.

This brochure teaches gymnastic exercises based on concepts used successfully in sports training and sports rehabilitation. Further, using the included control card, it is a powerful tool for the Practitioner to identify the weak points of each patient and to evaluate his progress.



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SPORTS  
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POLYTECHNIQUE  
FEDERALE  
DE LAUSANNE



3 executions per week

X = executed

O = not executed

# Control card

exercise week	Neck 1	Neck 2	Shoulders shoulder girdle	Trunk pelvic girdle	Trunk lateral muscles	Pelvis antiversion and retroversion	Pelvis lateral muscles
1							
2							
3							
4							
5							
6							
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