

Connie's Secrets To Having A Pain Free Body...

1st secret...

Goldi Tendon Organ Release Technique (push and hold for the count of 10)

Shoulder:

Trapezius muscle

= rub around the shoulder blade, end of shoulder and collar bone (u-shape motion)

Arm:

Deltoid muscle

= also rub around the shoulder blade, end of shoulder and collar bone (u-shape motion)

Butt:

Gluteus muscles

= rub edge of hip to tail bone or apply pressure with all fingers

Leg:

Calf muscle tightness or cramps

= *at Achilles heel (calcaneal tendon) and just below knee, soleus origin attachment*

Anterior calf muscles (tibialis anterior-medial and peroneals -lateral)

= *at base of first metatarsal*

Hamstrings (back of leg)

= *ischial tuberosity (sit bone)*

Quadriceps (front of leg)

= *rectus femoris, just above knee and at crease of leg*

= *all other anterior thigh muscles, just above knee*

Foot:

Flexor Digitorum Brevis (Plantar fasciitis)

= *at edge of calcaneus bone or at pad of toes*

2nd secret...

Agonist Contract - Opposite Muscle Technique (*remedial exercise-AIH*)

Move your body in the opposite direction of the movement that causes the pain. Don't forget to apply light force of pressure and count to 5

3rd secret...

Epsom salts

Magnesium is great to relax muscles, and the other part of the salt helps to flush lactic acid and waste caused by muscle use (1 cup in warm to hot water for 20 minutes min).

4th secret...

Stretch in shower

After you have cleans yourself, let the warm hot water massage your neck and let your neck flex at its own speed (do not force), then let water hit back and allow each vertebra to relax...watch how fast you can touch your toes without effort.

