



ATLAS ORTHOGONAL EXERCISE GUIDE

ATLAS ORTHOGONAL

Cervical Range of Motion Exercises

All exercises should begin from the neutral position and return to the neutral position. They should be performed within the normal range of motion and movements should be done before resistance. Each exercise should be done seven times each, four times a day.



NEUTRAL



FLEXION
(down and
back to neutral)
30° to 40°



EXTENSION
(up and
back to neutral)
10° to 20°



LEFT ROTATION
(turn head toward the left
And back to neutral)
30° to 40°



RIGHT ROTATION
(turn head toward the right
And back to neutral)
30° to 40°



RIGHT LATERAL FLEXION
(tilt head toward
the right shoulder
And back to neutral)
10°



LEFT LATERAL FLEXION
(tilt head toward
the left shoulder
And back to neutral)
10°

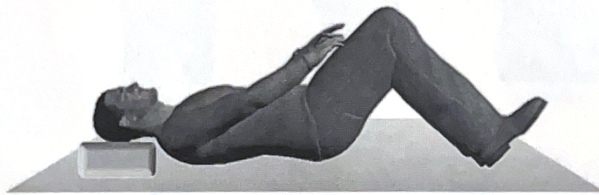
Any exercise that causes pain should not be done.

ATLAS ORTHOGONAL

Knee Chest Traction Exercises

This series of exercises should be done four times a day.

A pillow must be placed underneath the head when doing these exercises. Bring one knee to chest, the opposite knee should be bent, hold the count of seven for seven times. Bring the other knee to the chest with the opposite knee bent, hold for a count of seven. Then bring both knees to the chest and hold for a count of seven and release for seven times.



NEUTRAL



RIGHT KNEE BENDING



LEFT KNEE BENDING



BOTH KNEES BENDING

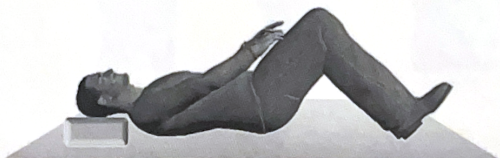
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NEUTRAL



RIGHT KNEE BENDING



LEFT KNEE BENDING



BOTH KNEES BENDING

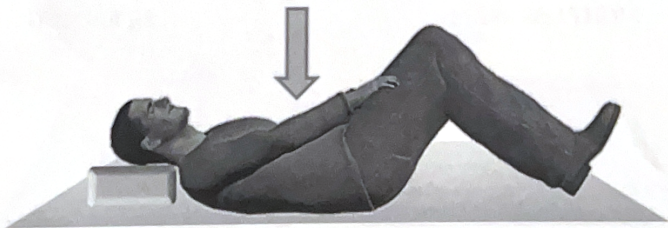
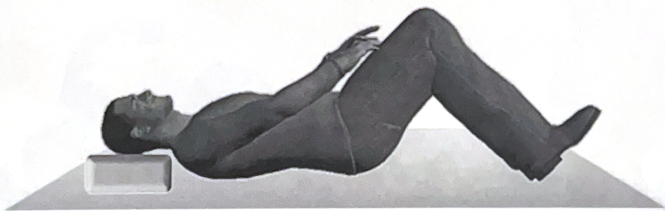
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ATLAS ORTHOGONAL

Lumbar Press Traction Exercises

This series of exercises should be done four times a day.

A pillow must be placed underneath the head when doing these exercises. Press the lumbar spine towards the floor and hold for a count of seven and release to neutral.



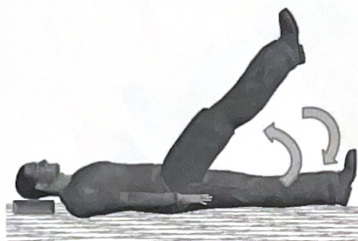
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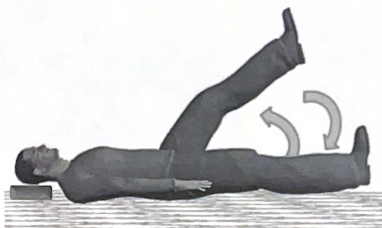
Lumbar and Abdominal Muscle Strengthening Exercises

This series of exercises should be done four times a day.

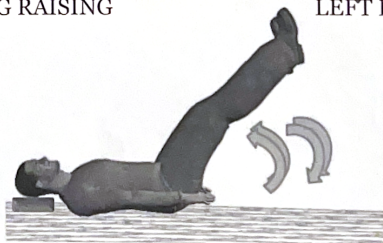
A pillow must be placed underneath the head when doing these exercises. Raise one leg seven times while keeping the opposite knee straight. Raise the other leg seven times, while keeping the opposite leg straight. Raise both legs seven times. Any exercise that causes pain should not be done.



RIGHT LEG RAISING



LEFT LEG RAISING



BOTH LEGS RAISING

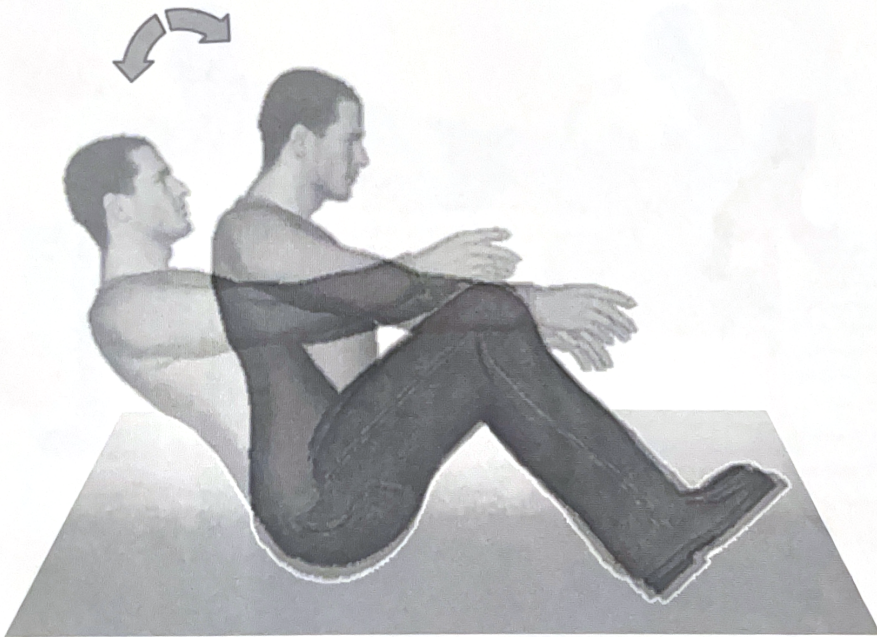
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Lumbar and Abdominal Muscle Strengthening Exercises

Bent Knee Sit-Up

This series of exercises should be done 10 repetitions 2 times per day. Start in an upright position and go back 30 to 45 degrees. The feet should be locked under a chair or under a bed.



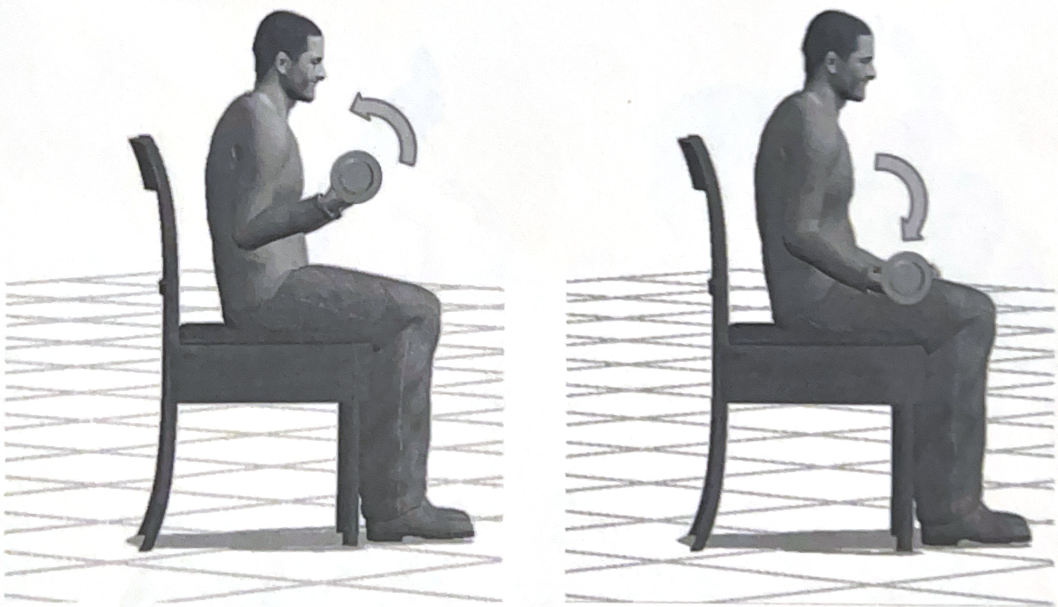
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Curl Exercises

This series of exercises should be done four times a day.

5 to 10 pounds weight in each hands for 10 times.



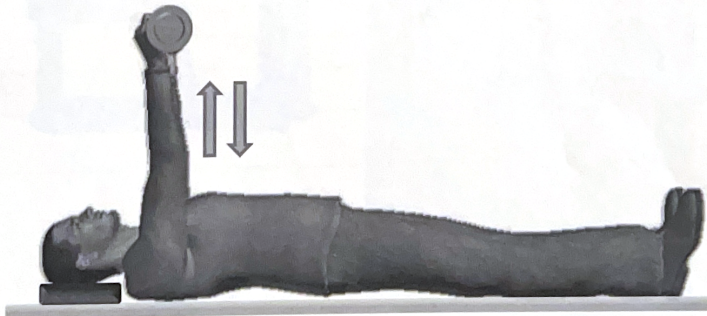
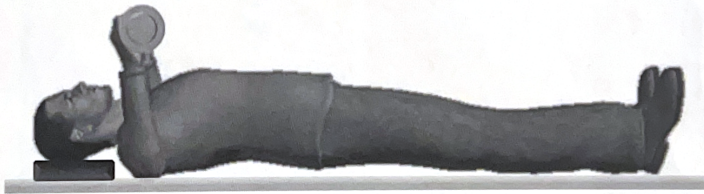
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Bench Press Exercises

This series of exercises should be done four times a day.

10 to 20 pounds weight in each hands for 10 times.

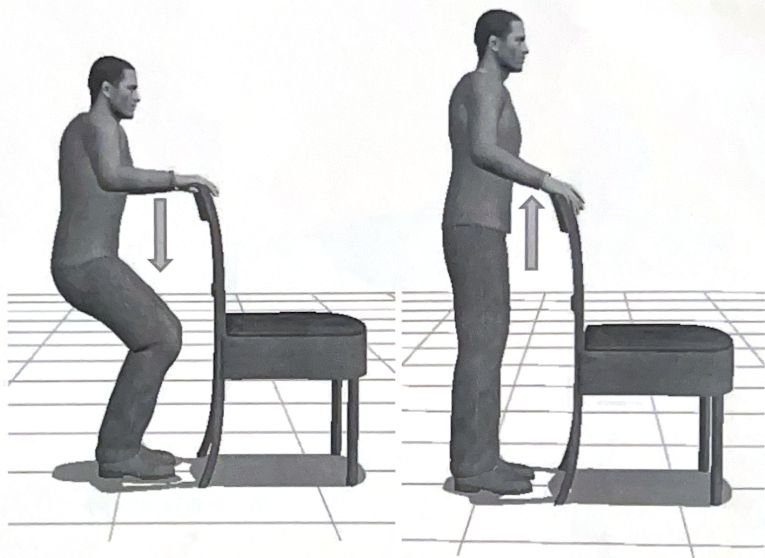


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ATLAS ORTHOGONAL

Quadriceps Squad Exercises

This series of exercises should be done four times a day for 10 times. While lowering, the body will go down 4 to 6 inches.



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Parade Rest Posture

Feet are too close together on the left picture. Feet should be as wide as a part as shoulder on the right picture. Hands locked in the back will push the pelvis forward.



Wrong posture

Right posture

Wrong posture

Right posture

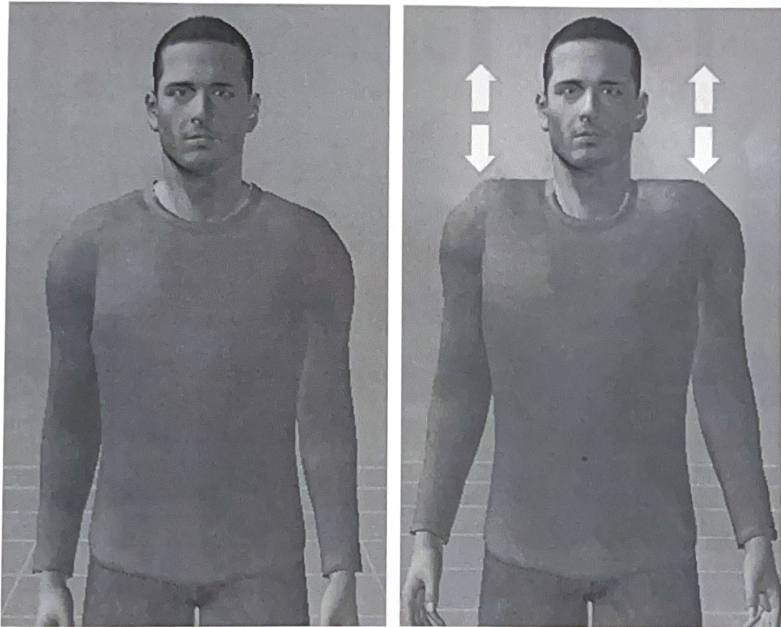
Frontal View

Side View

ATLAS ORTHOGONAL

Shoulder Shrug Exercises

Raise shoulders 1 inch and let them drop down.
Shoulders up is tension and shoulders down is relaxed.



Any exercise that causes pain should not be done.

ATLAS ORTHOGONAL

The way our spine works



The Spine works like fingers.

All the movements should bend forward, not to the side or backward.



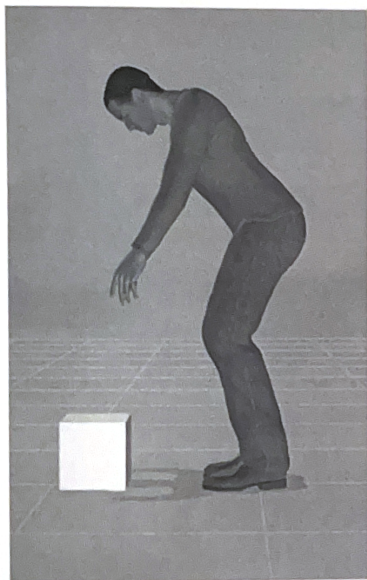
We pick things up off the floor by bending forward, not to the side or backward.

ATLAS ORTHOGONAL

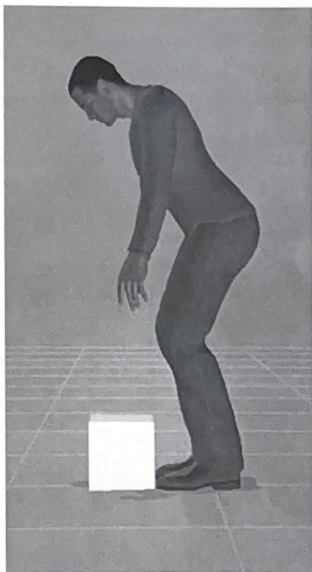
Activities of Daily Living

Don't reach out or away from your body for lifting
Objects or babies.

Always keep the object close to your body.



Wrong posture



Right posture

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ATLAS ORTHOGONAL

Activities of Daily Living

- Avoid sudden twists or turns of the neck beyond normal limits. When turning the head to check traffic turn the shoulders.
- Do not hold the phone between your head and your shoulder.
- Be careful when doing house work. Avoid activities over the head. Limit activities that involve pushing, such as moving heavy furniture when vacuuming.
- Be careful resting head and neck backward on the sink at the beauty parlor.
- Avoid stomach sleeping. This posture twists your neck and Atlas.
- Be careful walking with dogs. Don't trip on the rope or let him pull you.
- We do not recommend jogging. You will get 2800 strikes per 1 mile.
- When sitting in a chair lean back to help support your weight.
- When getting into the car sit down facing the door and then turn around facing the front. When getting out turn toward the door and then get up.
- When getting in and out of low cars put your hand on top of your head to prevent hitting your head.
- When walking up and down stairs hold on to the handrail.
- Swimming is a good form of exercise, however, we do not recommend the breast stroke or the back stroke. Diving and carrying children on neck, shoulders or back is not recommended.

ATLAS ORTHOGONAL

• **When to use ice:** Ice is a vasoconstrictor and an anti-inflammatory. Ice should be used on the area of pain for 30 minutes with one hour in between applications, three to four times a day.

• **When to use heat:** Heat is a vasodilator, it brings blood to an area, turns the skin red, relaxes muscles and makes things more sensitive. It should be used not more than 15-20 minutes at a time, not to exceed one to two times a day.

SENIOR CITIZENS

The Best & Safest of all exercise for Senior Citizens is walking.

You should walk (3)three miles a day. One mile is usually 15 minutes a total of 45 minutes. Walk on flat areas, not hills up and down. It is very easy to slip and fall.

Use the Walker flat not tilted.

Walking Canes, Walkers & Wheelchairs are safety devices use them.

The worst thing you can do is fall.

DON'T FALL.

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