



Fulford Exercise 1

Stand with your feet shoulder width apart and extend your arms out to your sides until they are parallel with the ground (approximately at shoulder height). Your left palm should face upward to the sky while your right palm faces the ground. The purpose for the left palm facing up is it creates additional tension in the body and helps facilitate stretching of the muscles (and connective tissue).

It's important to take relaxed full breaths for the entire time while holding this position.

Start by holding the position for 2 minutes (or as long as you are able), and each day work to hold the position longer and longer. The goal is to build your way up to holding the position for 10 minutes! Once you've reached your maximum time holding the position then slowly raise your arms above your head without allowing your arms to come forward (anterior). Allow your hands to touch above your head then slowly lower back down to beside your body.

This exercise is very hard and demanding. If it's too difficult then a modification is to sit on a couch and place your arms along the back of the couch. Your left palm is still facing up while your right palm is facing downwards. Sit in this modified position for 15 minutes.