

Lindy Physical Therapy

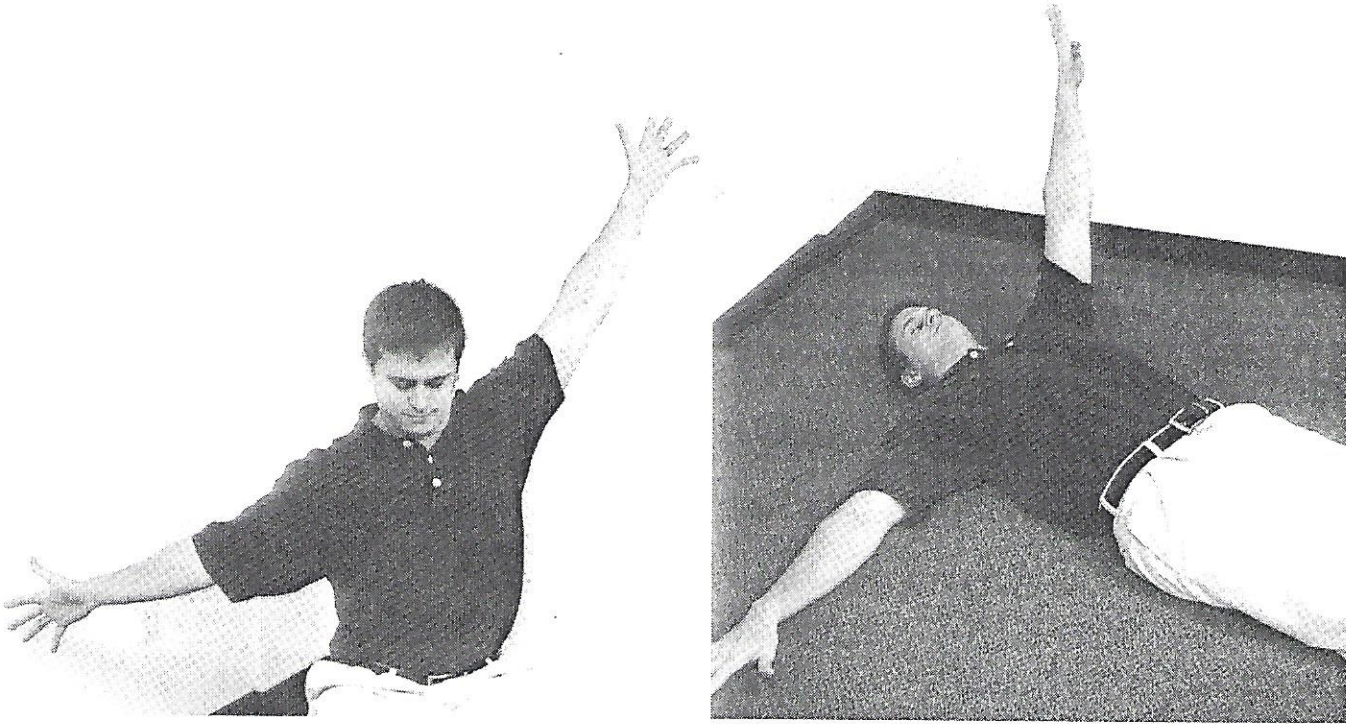
Specializing in Myofascial

Myofascial Unwinding

Allowing your inner self to take care of yourself

Begin by laying, standing or sitting. Slow your breathing. Start by elongating your arms out away from your body, and notice that within the stretch there is motion. Go with the motion while elongating your arms, head and neck. Remember, you want to initiate the technique then **let your body take over**. Positions where your motion stops or you feel a stretch indicate a restriction is present. Hold and elongate into these positions until you get a sense of taffy stretching or butter melting. **Breathe** into the tight areas. Allow sound to come up and out of your belly if necessary.

Variations: Unwind to music. Explore pressing into soft/hard surfaces for compression.



Sharon Lindy, P.T.

2412 Old North Road, Suite 100B

Denton, Tx 76209

940-372-1072

www.horseplaygrounds.com