

「Easy Exercises for Better Blood Circulation at Evacuation Site」



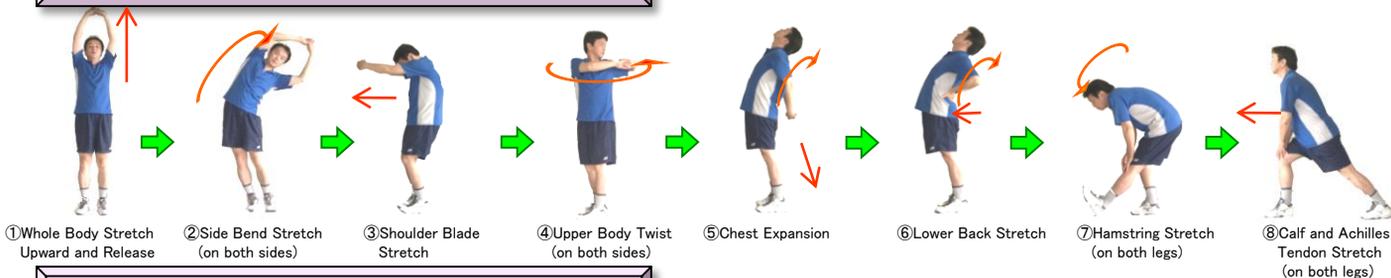
When exercising:

- ① Stretch out just enough to feel comfortable
 - ② Exhale while stretching
 - ③ Move gently without using physical spring force
 - ④ Pay attention to the muscle you are stretching
 - ⑤ Hold each stretch from 10 to 20 seconds
- The length and the number of times is just a suggestion. Stop the movement if you feel uncomfortable.

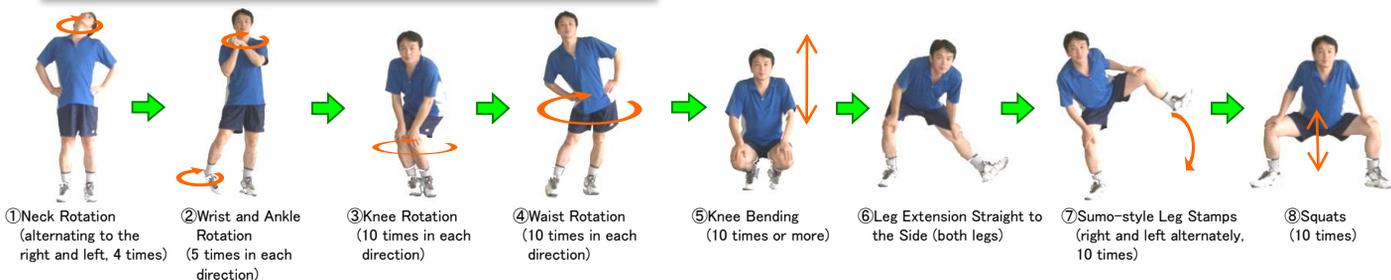
Do some exercise comfortably to improve your blood circulation!

Warning!
Don't stretch injured body parts or to the extent you start to feel pain.

1. Simple Stretches (3 minutes)



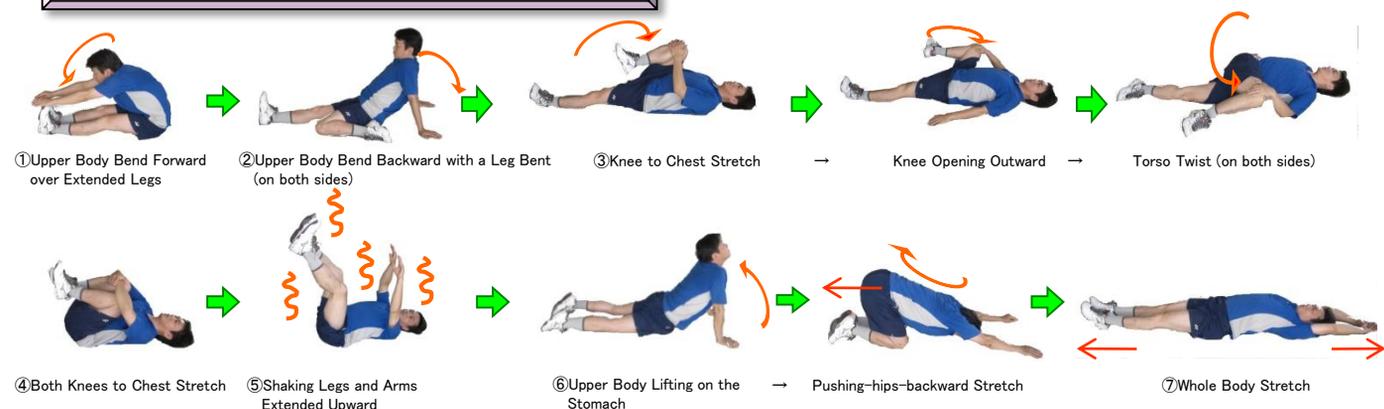
2. Joint Rotation and Bending Exercise (3 minutes)



3. Sitting Stretches (3 minutes)



4. Lying Stretches on Floor/Bed (5-10 minutes)



5. Relaxation Exercise to Loosen Up Your Whole Body

① Whole Body Shaking Up and Down (1 to 3 minutes)



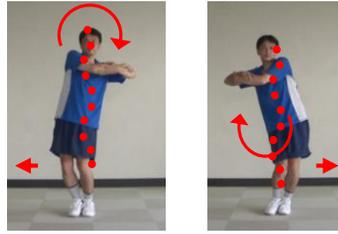
● Stand with your feet shoulder-width apart, knees slightly bent. Shake your body up and down by moving the knees fast and small.

② Upper Body Twist (30 times)



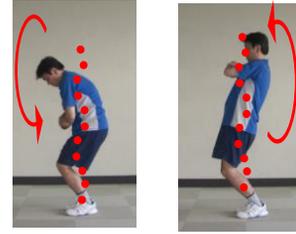
● Stand with your feet shoulder-width apart while keeping your shoulder relaxed. Twist gently your upper body to the right and left.

③ Horizontal Spinal Wave Exercise (6 times on each side)



● Stand with your feet 5 cm-width apart and cross arms with palms holding the elbows. Slowly rotate the crossed arms, making big horizontal circles in front of you while moving your knees together, sending waves to the core of your body.

④ Vertical Spinal Wave Exercise (6 times on each side)



● Stand in the same manner mentioned above and slowly rotate your crossed arms, making big vertical ovals in front of you.

6. Foot Massage: Treatment of stone-cold feet and blood clot formation

■ You will feel nice and warm with loosened and relaxed feet. As an added benefit, it can also help to treat issues like blood clot formation, fatigue, insomnia, poor circulation and swelling of legs.

① Bend Foot Back and Forth (4 times in both directions, 5 seconds each direction)



● Hold all of your toes with your hand and bend back and forth.

② Twist Foot (4 times in both directions)



● Hold your foot between two hands and twist the whole foot in both directions.

③ Loosen Up the Sole and the Top of Foot



● Use your thumb to apply pressure to the entire sole and knead the top elaborately.

④ Sole Punching (10 times on each sole)



● Use your fist to punch the sole of the foot.

⑤ Pull Outside Shin with Both Hands (4 times on each shin)



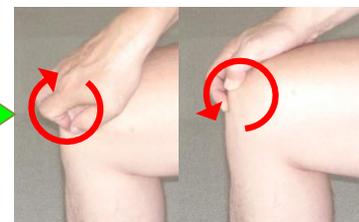
● Hitch the outside of your shin with the fingers of your both hands and pull it strongly. Repeat the same movement 4 times while sliding up to the knee. Slide down from the knee side applying the same treatment.

⑥ Loosen Hamstrings with Both Hands



● Sandwich the hamstring between your two hands vertically and lift upward. Repeat the same movement 4 times while sliding up to the knee. Slide down from the knee side applying the same treatment.

⑦ Kneecap Rolling (10 times in each direction)



● Cover the kneecap with you hand and role it to the right and left.

Self-medication advocacy council (SMAC)

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