

KCR* Daily Stretches



Do these three stretches daily to maintain the benefits of your KCR session!
The easy way to make them habits, is to attach them to existing habits.

1. Calf stretch, 2 minutes each leg, once a day

THE MOST IMPORTANT STRETCH THAT HOLDS KCR WORK IN PLACE
Do this if no other!

This stretch maintains the alignment of your legs.

- a) Stand on a raised object or step.
- b) Put the ball of one foot on the edge of the step and keep your leg straight.
- c) Let your heel drop towards the ground. Hold for about 2 minutes.
- d) Repeat for the other calf.



2. Lumbar ROM (Range Of Movement) in mirror (once each side, once a day)

This stretch maintains the alignment of your torso.

- a) Stand with your back to a mirror.
- b) Look over one shoulder, and notice how much you can see.
- c) Look over the other shoulder, and notice how much you can see.

3. Chin tuck and swallow, as often as you can through the day!

This stretch maintains the alignment of your neck and jaw.

- a) Imagine a set of horizontal rails going from your lower jaw back towards the bottom of your ear.
- b) Slide your head back a short distance along the rails. (This is a horizontal movement, there is no lowering of the jaw.) It may make you feel you have a double chin!
- c) Swallow, without clenching your teeth. If this seems impossible, it will come with practice, until it becomes a habit!



Stick something on your hand, wear a wristband or some other 'reminder' that you will notice frequently during the day. Do the chin tuck and swallow every time you see your 'reminder', until it becomes second nature to do so often. Among other things turkey neck will disappear!

*Kinetic Chain Release (KCR) is a Protocol developed by Hugh Gilbert www.kineticchainrelease.com



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