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## Manual for the patients with the spinal cord diseases

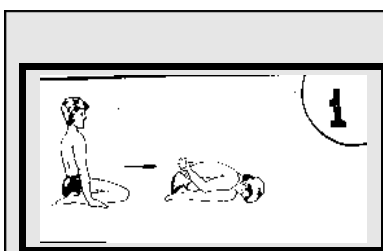
Before the exercises starting you should have the appropriate mood.

1. Good- nature.
2. Concentrate your attention on the effective and creative working on every exercises
3. Everything else should be forgotten on 15-20 min.

First of all the breathing gymnastic number 1 to be executed. Relax before the complex starting. After each exercise relax on 15-20 sec. Having completed the complex you should close your eyes and relax on 1-2 min. This complex to be carried out on the floor (on the carpet), clothes must be in minimum.

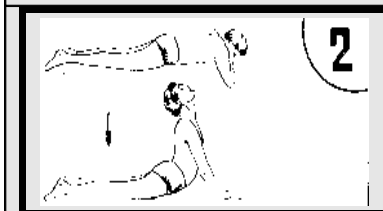
### **Breathing Exercise No 1**

1. Short breath in (inhalation) through your nose.
2. Maximum breath out (exhalation) through your mouth.
3. Pinch your nose with two fingers; do not breathe for 15 - 20 seconds.
4. Smooth (flowing) exhalation through your nose (a bit longer than usual), pause, not to breathe for 5 - 6 seconds. Then after that, a smooth exhalation through your mouth.
5. Repeat point 4 twice and then start again. Do these exercises 4 times a day up to 15 minutes (without straining yourself), preferably at the same time of the day.



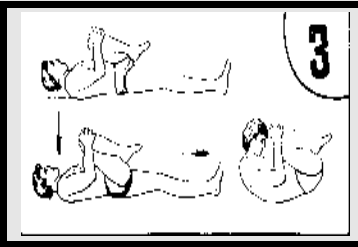
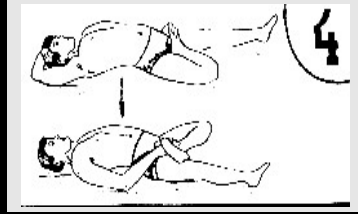
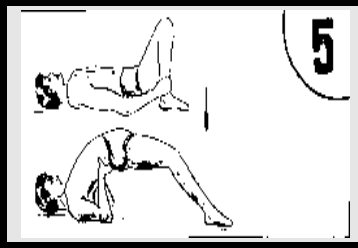
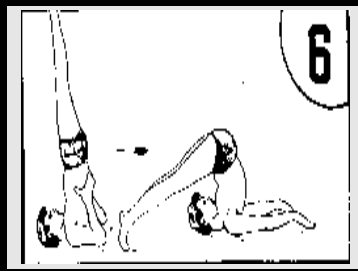
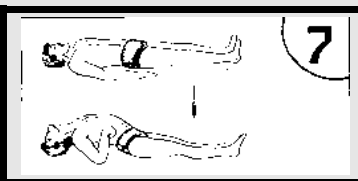
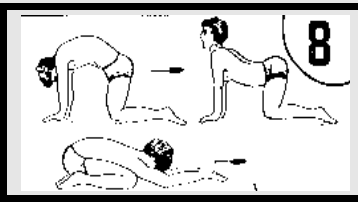
#### **Ex. 1**

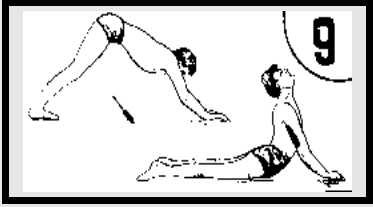
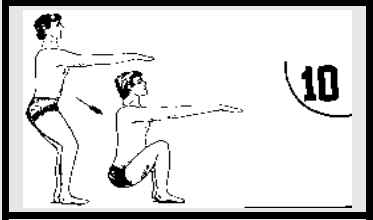
Sit on the heels, as a preliminary stand on the knees. Spine must be even, arm encompass with the right hand behind the spine, make a deep breath. Stoop slowly; touch the carpet by a forehead, in that time makes a fluent exhalation. Remain in this position for 10-15 min., then become straight slowly and make a fluent breath. Return to initial position and make a sharp exhalation through the month. Carry out 5-8 times twice a day.



#### **Ex. 2**

Lie down on the carpet by the abdomen. Keep legs together. Lie the hands under the shoulders. Palms down. Take off the chest from the floor, throw back your head on spine, and press the abdomen to a floor. Stay in this position for 10-15 sec., and then return to initial position. Touch the floor by a forehead, relax on 15-20 sec., the breathing should be quiet and superficial.

	<p><b>Ex. 3</b> Lie on the floor, on the spine, curve the right leg in knee, encompass it with two hands and press it to breast on 5-10 sec. Release the clasped leg and straighten it for the rest. Make it, also, with the left leg. After that, curve at once the both legs, encompass them with the hands, press the knees to the chest, bend down the head to the knees on 10-15 sec. These three motions compose the one exercise, carry it out 4 times, twice a day, in the morning and evening. The breathing should be quiet and superficial.</p>
	<p><b>Ex. 4</b> Lie on the carpet by the spine, arms along the body, straighten the legs, by the left hand lay hold of a lower third of the right shin, pick up the leg, pull it toward the inguinal fold of a left leg, take aside the knee toward the floor, remain it on the inguinal fold level, then let off it and laying in this position for 5 sec., return in initial position. Make it, also, with another leg: right leg-left leg, carry it out 5-8 times in the morning and evening. Breathing should be superficial through the nose.</p>
	<p><b>Ex. 5</b> Lie on the spine on the carpet, arms along the body, curve the knees, pull up the heels to the pelvis, as closer as it possible, take off the pelvis from the floor and take it up, as higher as it possible, shoulder-blades are being pressed to the floor, hands prop up the waist. Remain in this position for 5-10 sec. Return in an initial position, relax, the breathing should be superficial; a small breath-pause. Carry it out 8 times a day, in the morning and evening.</p>
	<p><b>Ex. 6</b> Lie on the carpet by the spine, arms along the body, relax, laying for 20-30 sec. Take up the legs, no curving the knees throw back them behind the head, take off the pelvis from the floor and prop up the pelvis by the hands some upper the waist. (the elbows come up against a floor). As far as possible, throw up the legs behind the head, touch the floor by the toes. Remain in this position for 15-20 sec. At the beginning of exercises-make a short breath, then breath superficial with the small pauses during the breath and exhalation. Carry it out 5-8</p>
	<p><b>Ex. 7</b> Lie on a carpet by the spine, arms among the body, the legs should be straighten, take them together. Rest the elbows on the floor, take off the shin-thorax part of a spinal cord from the floor, throw up the head (touch the floor by the crown), arch the thorax part above the floor as highly, as it possible. Remain in this position for 5-10 sec. Breathing should be slow and superficial. Carry it out 8-10 times a day, in the morning and evening</p>
	<p><b>Ex. 8</b> Go down on all fours. Straighten out the arms in the elbows (carrying out this exercises to look after this permanently). Stoop the head, touch the chest by the chin, arch the back . Remain in this position for 3-5 sec., then sag slowly and throw up the head toward the back as strong as it possible, remain in this position for 3-5 sec. Carry it out 8-10 times a day, in the morning and evening. Breathing should be superficial through the nose.</p>

	<p><b>Ex. 9</b> From on all fours position (staing on the knees) straighten the legs and take the position of a prop on the hands (legs should be straight), then no changing a position of the hands and legs and no displacing them, sag, touch the floor by the belly, don't curve the arms in elbows. Carry it out 5-8 times a day, in the morning and evening. Breathing should be superficial through the nose.</p>
	<p><b>Ex. 10</b> Foots stay on a width of the shoulders, arms is among the body, back must be straight. Squat slowly, no taking off the heels from the floor, stretch arms ahead as lower as it possible. Stand up slowly, the back is straight. From the third squatting to slightly tense in the knees. Carry out the exercise 10-12 times a day.</p>

### Skrutka 1

Sit down on the carpet. Curve your right leg in knee and move it over the left leg. Right heel is on the floor behind the left. Turn the corpus at 180 gr. (the left shoulder looks forward, the right looks backward). The left hand lies among the exterior side of the right foot, being leaned on it easy. Take the right arm maximally behind the back; right palm leans on the floor. Stay in this position for 10-15 sec, then make it all with another leg. Breathing is no deep, free and through the nose. Carry it out 8-10 times a day in the evening and morning.

### Skrutka 2

Lie down on the back. Keep your legs together, spread the hands asides, put them on a floor with the palms down. Curve the right leg in knee, put the heel near the left knee, stand it behind knee (near it's exterior surface) and, leaning on the sole turn the knee to the left as closer to a floor, as it possible (it is allowed, holding on to a right knee to help yourself with the left hand), the shoulders shouldn't be taken off the floor. Return in an initial position and make it all with the left leg. Carry it out 4 times with each leg.

### Recommendations during the acute attack of a disease.

1. Take a very hot bath (41-43 C) during 5-7 min. If hypertension or heart diseases take place use the hot-water bottle during 20 min.
  2. Take 2 teaspoons of VIPROSAL (ointment), rub it in the region of loins.
  3. Do the complex of exercises.
- Do it in the morning and in the evening during 10 days.

### Preventive treatment recommendations.

Two tablespoons of rice put into 3 liters of cold water during 1 day, pour of the water, add fresh water and boil during 5 min. pour the water off and place into refrigerator. In the morning eat one tablespoon on an empty stomach, don't eat 4

hours after that, then as usually. Two weeks eat this rice, one week is break and this manner should repeat 3-4 times.

#### Bio-stimulated mixture.

1. Aloe juice - 100 g.
2. Cranberry juice 100 g.
3. 4 full tablespoons of honey.
4. Cold boiled water

All ingredients mixed, put in a dark cold place. Drink one tablespoon 3 times per day before eating.

#### Prophylactic starvation.

In the evening do the cleansing enema. The next day every 1.5-2 hour drink a glass of water. You can eat only 1-1.5 kg of apples or 300-350g dried apricots and 200-300 g of beet. Next day drink 1 glass of apple, grape or plum juice and don't eat before dinner, after dinner you can eat ordinary food as usually. Starve 1 time per 10 days including 3-4 days without beef during these 10 days.

#### **Breathing exercise No 2**

1. Make a very short, calm and tranquil inhalation through your nose, while your diaphragm and the muscular system of your ribs (ribcage) do not take part in the process. Ribcage doesn't expand. The subjective feeling is that the air is coming only up to the larynx.
2. Short break 2 - 3 seconds.
3. Shallow; calm exhalation through your nose. Exhalation should not exceed the inhalation by more than three times. After 2 - 3 described breathing cycles you will want to inhale deeper, though you should avoid it, keeping the initial breathing rhythm. If breathing correct way, your nose will start tingling and your breath will become more free and easy. Your bronchus will expand and the lungs will get more air, and the pause during exhalation (breathing out) will be longer.