Rehabilitative Qigong & Tai Chi for Neck and Shoulders
The Qigong Posture

- **Body**
  - Relax Knees
  - Drop Tail
  - Lift Head
  - Release Tension

- **Breath**
  - Abdominal
  - Deepen
  - Nose
  - Focus on Exhale

- **Mind**
  - Dissociate from Past/Present
  - “Now” Sensations
Acute Conditions Form

- Acute Neck & Shoulder Conditions (< 90 degrees elevation)
  - Whiplash
  - Cervical Radiculopathy
  - Adhesive Capsulitis
  - Rotator Cuff
  - Acromio-Clavicular Separation
  - Fibromyalgia
  - CVA
Acute Form Gestures

- Qigong Stance
- Accordion Breathing
- Polishing the Table
- Turtle Retracts his Head
- Cloud Hands
Qigong Stance
Accordion Breathing
Accordion Breathing

- Palms facing each other at waist level
- Inhale – Open chest / hands
  - Attention to lower trapezius
- Exhale– Close chest / hands
- Repeat 3 times in successively larger openings
Polishing the Table
Polishing the Table

✧ Palms facing floor in front of body

✧ Inhale- Swing hands towards right
  ✧ Lead w/eyes – Looking as far as possible
  ✧ Bring hands in towards hip – Squeeze Low Traps

✧ Exhale- Move hands to start position

✧ Inhale- Repeat opposite side
Turtle Retracts his Head
Turtle Retracts his Head

✧ Palms face together at waist level
✧ Inhale – Lift hands up then draw toward face
✧ Eyes follow finger tips
✧ Retract chin: Attention to Mid-Low Traps
✧ Exhale – Push hands away then lower to start position
Cloud Hands

✧ Palms face downward at waist level

✧ Inhale- Right hand rises to height of left shoulder

✧ Exhale- Gaze locks on right palm as hand floats past right shoulder

✧ Inhale- Left hand rises to height of right shoulder: Right hand lowers to waist level

✧ As hands switch eyes gaze to distance. As left hand enters visual field, gaze locks on left palm

✧ Exhale- Gaze on left palm as hand floats past left shoulder

✧ Switch and repeat
SubAcute Conditions Form

- SubAcute Neck & Shoulder Conditions (90 degrees elevation)
  - All Acute Conditions
  - Humeral Fractures (stable)
  - Impingement Syndromes
  - Postural Dysfunctions
SubAcute Form Gestures

- Swimming Dragon
- Heart & Lung Opening
- Two Hand Offering
- Thumb Gazing
- Tree Hugging
Swimming Dragon
Swimming Dragon

✧ Hands facing body at waist level
✧ Inhale- Extend right arm & hand behind at shoulder level
✧ Exhale- Gaze locks on supinated right hand as arm swings across front of body at shoulder level
✧ Switch hands
✧ Inhale- Extend left arm & hand behind at shoulder level
✧ Exhale- Gaze locks on supinated left hand as arm swings across front of body at shoulder level
Heart & Lung Opening
Heart & Lung Opening

✧ Begin with hands facing heart

✧ Exhale- Push away hands at heart level
  ✧ Open chest
  ✧ Palms facing away
  ✧ Engage Mid-Low Traps

✧ Inhale- Pull hands in rounded pattern back to face heart
Heart & Lung Opening (cont.)

✧ Hands facing heart

✧ Exhale- Pushing hands down towards floor
  ✧ Swing in arc up toward shoulder scaption level
  ✧ Palms facing away: Thumbs down

✧ Inhale- Swing hands in circular arc back to start position
Two Hand Offering
Two Hand Offering

- Supinated hands at chest level: Elbows bent at sides
- Exhale- Hands push forward
  - Extend arms / hands to eye level
  - Begin circling arms to side: Turning thumbs down
- Inhale- Internally rotate shoulders
  - Bring hands past 12th ribs
  - Return to start position
Thumb Gazing
Thumb Gazing

- Arms at 90° abduction: Palms facing away
- Gaze at base of right thumb
- Inhale- Draw right thumb towards nose
- Exhale- Push right hand out to meet left: Arms parallel to floor
- Inhale- Draw right thumb towards nose
- Exhale- Return to start position
- Repeat on left side
Thumb Gazing (cont.)

✧ Arms at 90° flexion: Palms facing away
✧ Gaze at base of right thumb
✧ Inhale- Draw right thumb towards nose
✧ Exhale- Push hand out directly behind: Arms parallel to floor
✧ Inhale- Draw right thumb towards nose
✧ Exhale- Return to start position
✧ Repeat on left side
Tree Hugging
Tree Hugging

✧ Qigong Stance
✧ Relax Neck & Shoulders
✧ Breathe Deeply
✧ Hold for Building Endurance
Chronic Conditions Form

- Chronic Neck & Shoulder Conditions (>90 degrees elevation)
  - All Conditions
  - Strengthening
  - ROM
  - Coordination
  - End Range Motions
Chronic Form Gestures

- Owl Turns her Head
- Earth & Sky
- Tray Carry
- Spiraling
Owl Turns her Head
Owl Turns her Head
Owl Turns her Head

- Right hand at heart level: Palm facing away at 45°
- Left Shoulder IR/ADD with hand positioned on back
- Exhale- Cervical-Thoracic rotation right: Lead with eyes
- Inhale- Return to center
- Exhale- Cervical-Thoracic rotation left: Lead with eyes
- Inhale- Return to center
Owl Turns her Head

✧ Exhale- Swing left arm from back to 90° shoulder flexion
  ✧ Elbow straightens
  ✧ Palm faces sky

✧ Inhale- Switch hand positions
  ✧ Left hand at heart level: Palm facing away at 45°
  ✧ Right shoulder IR/ADD: Hand on back

✧ Exhale- Repeat rotations
Earth & Sky
Earth & Sky

✧ Palms facing each other up/down at waist level

✧ Exhale-
  ✧ Right hand pushes towards sky
    ✧ Shoulder IR: Elbow extends: Palm facing up
  ✧ Left hand pushes towards ground
    ✧ Shoulder IR: Elbow extends: Palm facing down

✧ Inhale- Return to start position

✧ Switch arms and repeat
Tray Carry
Tray Carry

- Palms facing each other at waist level
- 1- Right hand comes to right shoulder as if carrying a tray
- 2- Right shoulder IR: Forearm pronates: Hand reaches directly to the side
- 3- Right hand returns to tray carry position
- Simultaneously perform alternating movement on left
- Gaze follows hand as it carries the tray
- Breathing is slow and deep
Spiraling
Spiraling
Spiraling

- Hands at sides: Palms remain up through gesture

- Right hand:
  - Reaches across body
  - Circles to right over top of head
  - Pushes to right in scaption
  - Circles down past 12th rib
  - Repeat cycle
Spiraling

- Left hand simultaneously performs alternating movement
- Gaze follows hand that crosses anterior visual field
- Breathing is slow and deep