

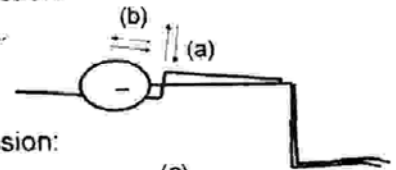
SOMATICS — Side-Lying

Complete entire sequence
on one side, then rest.
Repeat on other side.

1. Shoulder Movements

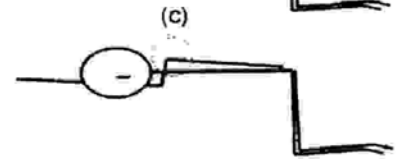
(a) Protraction/Retraction:

- INH, shoulder back.
- EXH, shoulder forward.



(b) Elevation/Depression:

- INH, shoulder up.
- EXH, shoulder down.



(c) Shoulder Circles
in both directions.

2. Hip Movements

(a) Protraction/Retraction:

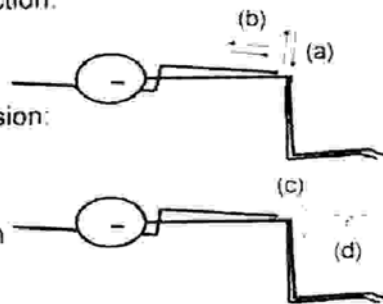
- INH, hip back.
- EXH, hip forward.

(b) Elevation/Depression:

- INH, hip up.
- EXH, hip down.

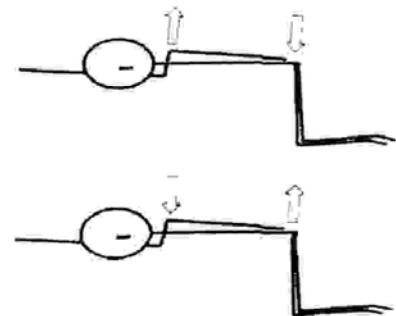
(c) Hip Circles in both
directions.

(d) Figure 8 Circles



3. Protraction / Retraction of the Shoulder & Hip

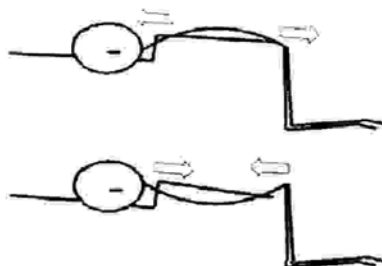
- INH, move
shoulder back,
move hip
forward.
- EXH, move
shoulder
forward, move
hip back.



4. Elevation / Depression of the Shoulder & Hip

- INH, elevate
shoulder &
depress hip.

- EXH, depress
shoulder &
elevate hip.



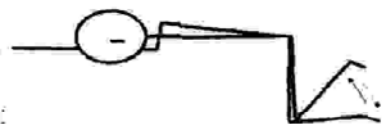
5. Rotation of the Hip & Shoulder

- Rotate hip & shoulder in the same
direction.
- Rotate hip & shoulder in the opposite
direction.

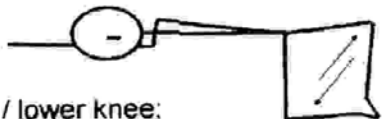


6. Internal and External Hip Rotation

- Internal Rotation:
knees together;
EXH, raise ankle;
INH, lower ankle.



- External Rotation:
ankles together;
INH, raise knee;
EXH, lower knee.



- Combined:
EXH, raise ankle / lower knee;
INH, lower ankle / raise knee.

7. Abduction of the Hip

- Begin with hips, knees, and ankles at a 90° angle. INH, lift leg; EXH, lower leg.
- Repeat at 70° and 45° angles.



8. Flexion / Extension of the Hip

- Straighten top leg. Bottom leg bent to 90°.
- EXH, draw knee to chest.
- INH, extend leg back from hip.



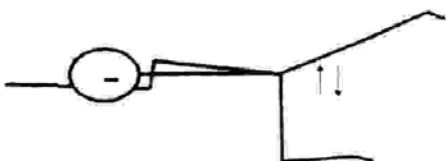
9. Internal / External Rotation of the Hip

- Straighten top leg.
- EXH, turn toes down, internal rotation.
- INH, turn toes up, external rotation.



10. Abduction / Adduction of the Hip

- Straighten top leg.
- INH, raise leg (abduct) from the hip.
- EXH, lower leg (adduct) from the hip.



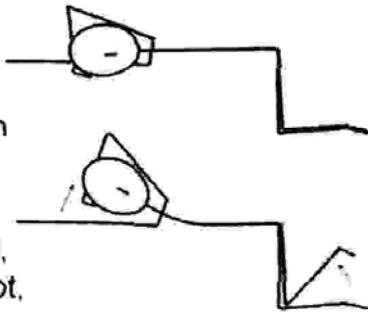
11. Abduction & External Rotation of the Hip (w/ no flexion in hip)

- Straighten top leg.
- INH, point toes to ceiling and lift leg.
- EXH, point toes to floor and lower leg.

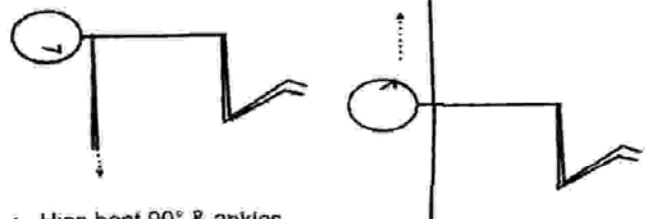


12. Controlling the Muscles of the Waist

- Bend knees 90°. Cup bottom ear with top hand.
- INH, lift head with hand, torso, and top foot.
- EXH, lower head, torso, and top foot, (and raise knee).

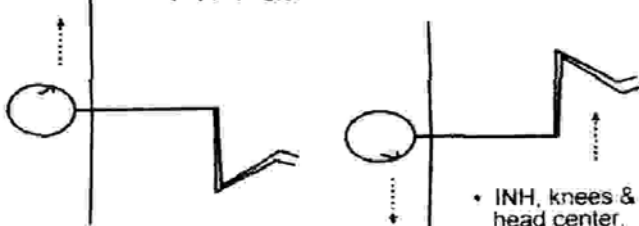


13. Upper Body Twist



- Hips bent 90° & ankles angled in.
- Both arms extended.
- EXH, stretch top arm long.
- INH, arm and head open to opposite side.
- EXH, head and arm return, stretching top arm long.

14. Full Twist - a



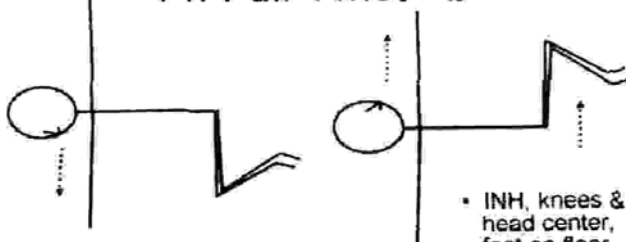
- Same starting position.
- EXH, stretch top arm long.
- INH, arm and head open to opposite side.
- EXH, pause
- INH, knees & head center, feet on floor.
- EXH, knees and head to opposite sides.
- INH, center.
- EXH, knees and head to opposite sides.
- *Rest in Knees to Chest*

15. Constructive Rest Position

Supine, bend knees and place feet wide. Knees come together.



14. Full Twist - b



- Same starting position.
- EXH, stretch top arm long
- INH, arm only opens to opposite side.
- EXH, pause.
- INH, knees & head center, feet on floor.
- EXH, knees and head to the same side.
- INH, center.
- EXH, knees and head to the opposite side.
- *Rest in Knees to Chest*

15. Constructive Rest Position

Supine, bend knees and place feet wide. Knees come together.

