

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

Twister Series

Used for pain all over the body, especially while standing up, walking, or lying on back with legs straight.

Perform 2 times a day and any time you notice pain increasing.

Stay in position for 90 seconds. Do these to each side.

DO NOT BEND FORWARD IF YOU HAVE HAD A HIP REPLACEMENT UNTIL DOCTOR SAYS OK

Horse and Thinker

1. Sit forward and Slide feet out to side.
2. Pull knees as far apart as able.
3. Bring shoulders forward bringing nose toward knee.
4. May rest head on hand just like Rodin's The Thinker



Elbow to Calf

1. Bend forward and bring elbow to inside of ankle or calf.
2. Turn face and body to the opposite side
3. Point upper shoulder toward ceiling.



Nose to Hip/Buttock

1. Take nose toward hip/buttock.
2. Turn body and face toward hip/buttock.
3. Bring both shoulders toward hip/buttock.

