

## Self Care Checklist

The purpose of this list is to ensure that the client, over the course of their sessions, has exposure to tools and techniques for self-care used in our practice. Use this list as a guide to remember self care and ensure we are giving you as much information as you need at any given time.

What to wear (Usually done during or prior to 1<sup>st</sup> visit)

What to expect (Usually done during or prior to 1<sup>st</sup> visit)

Pain Diary

Stretches

- General Principles
- Back Pain
- Calf/foot
- Hamstrings

Noticing – Paying attention to your body, habits, pain patterns

Perception/Perceptual Exercises

- Eyes
- Feet/Hands (Isolated and connected to spine)
- Back-space
- Rolling and Pouring
- Flight of the Eagle
- Core-lumbar differentiation

Self Care

- Balls
- Golf
- Tennis
- Bodyball
- Ergonomics in home and office

Foam Roll

- Along spine
- Cross spine
- Rest of the body

Relaxation

- Progressive Relaxation
- Meditation

Stress Accumulation and/or Trauma

- Books/Resources
- Holotropic Breathwork™

Brain Gym

- Brain Gym Info
- Brain Gym Exercises