

SOTAI

THE VAN GOGH 1

1. Person sitting with feet flat on the floor. We ask them to put hands behind the head with fingers interlocked.
- 2.



2. We ask the patient to turn to one side and the other to check which side is easier or more comfortable and doesn't hurt. We do the exercise to that side.



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3. We ask the patient to hold the position to a (slow) count of three and release suddenly but not brusquely, letting go of head **and** arms.



4. We ask patient to return the body to the centre **with arms and head down**.



5. We ask patient to lift the head **and the arms** to original position.



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6. We ask the patient to rest the arms before resting for about 15 to 20 seconds and repeating two more times.



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