

The Glen Springs

Watkins, N. Y.

ABDOMINAL GYMNASTICS

Prescribed by Dr.

For M

Date

Abdominal Gymnastics



IN ORDER to gain the highest benefit from these exercises they should be performed cheerfully and with enthusiasm, endeavoring to find pleasure in the exercise of the individual muscles.

Beginning with Group One and performing each exercise three times the first morning and increasing one time each morning up to five, and taking up an additional group on the _____ day until you perform each exercise in every group _____ times every morning. You must continue these exercises for twelve weeks. Athletic individuals may increase more rapidly.

Spreading a woolen blanket upon the floor, folded four times, lie down flat on the back upon it without a pillow, and take the following exercises. If patient is confined to bed, the exercises should be taken in bed, omitting the exercises which cannot be taken.

GROUP 1: Lying flat upon the back without a pillow; (a) Slowly raise right thigh to right angle with body, leg extended, while counting ten, and lower it again while counting ten; (b) Repeat same maneuver with the left limb; (c) Repeat both at same time.

GROUP 2: Position the same as in Group 1. (a) Slowly raise right thigh to right angle of the body

while counting ten; then carry it slowly over to the left as far as possible while counting ten, then return it to the floor by same route in same time; (b) Repeat with left limb; (c) Carry both limbs together first to one side and then to the other slowly.

GROUP 3: Flat on back, with the arms folded over chest: Slowly raise the head from the floor while counting five, and lower in the same manner; (a) Arms folded as above; raise the trunk from hips slowly to a sitting posture, then return to a recumbent position; (b) Arms folded with shoulders kept squarely upon the floor, roll the legs and trunk over to the left so you are resting upon left hip while shoulders are still flat upon the floor; (c) Repeat on the opposite side.

GROUP 4: With both legs flexed upon the thighs flex one thigh upon the abdomen five times rapidly; (a) Repeat with other limb; (b) Repeat with both limbs.

GROUP 5: Resume standing posture with hands upon hips. (a) Bring thigh to right angle with trunk and then extend the leg upon the thigh slowly and as slowly return the limb to standing position; (b) Repeat with other limb; (c) Carry right limb backward as far as possible, then slowly carry heel up and backward until it touches buttocks, then slowly return it to normal; (d) Repeat with other limb; (e) Carry right thigh upwards until it is strongly flexed upon abdomen; (f) Repeat with left limb.

GROUP 6: Standing, touch the floor without bending the knees. Repeat, gradually increasing the

number of movements from day to day. While standing, bending forward, push the hips back as far as possible to shorten the distance to the floor. Bend the body backwards, first with the hands on the hips, and later, as the back becomes stronger, with the hands over the head. Flex the body to the side, trying to reach as low as possible on the limb; finger-tips should reach the knee or below. Same to the left side. With feet about fifteen inches apart and parallel, clasp the back of the head between hands to fix head, neck and shoulders, and rotate the body at the waist, first to one side and then to the other.

GROUP 7: Same position as in Groups 5 and 6. Raise on toes from ten to twenty times.

GROUP 8: Carry the trunk forward and without assuming the upright, carry it to the left and backward and to the upright. (a) Repeat in opposite direction (b) Repeat with opposite side.

