

Do's & Dont's

- Avoid being seated with an ankle crossed over the thigh or being seated in the lotus position for extended time periods. This may place the muscle in a shortened position.
- If you have been diagnosed with a limb-length inequality, then you should wear corrected shoes or a heel-lift whenever you are on your feet, if possible.
- If you have a Morton's foot or pronate when walking/standing, then you should wear your orthotics or corrective pads whenever you are on your feet, if possible.

**Sleeping**

- If you sleep on your side, then be careful not to flex your knees too much because this places the muscle in a shortened position.



Acupressure

Use your thumb pad or a tennis ball to apply pressure to any tender points that you identify in your leg. Hold the pressure to the feather's edge of discomfort & increase the pressure as the discomfort wanes. After a short time the discomfort will wane completely. Take a hot/warm bath/shower when you finish. You can do this daily until the tenderness disappears, or every other day if there is too much soreness involved.



Laying Stretch

Sit down on a pillow at the foot of your bed & then lay down upon your back. Grasp the thigh of the leg you are not stretching in your clasped hands & draw it near to your chest. Let gravity stretch your hanging leg for 6 deep breaths (figure A). Then lift the leg slightly for 3 deep breaths (figure B) & then let it hang again for another 6 deep breaths. Repeat this contract & relax 3-5 times & then repeat on the other side. Do this stretch 3-5 times a day until there is no more tightness detected when you let your leg hang.



Kneeling Stretch

Kneel on your affected leg. Sometimes a pillow under the knee is necessary for comfort, especially on a hard surface. Hold a chair or table with your hand on your unaffected side & use the other hand to monitor your buttock muscle. Contract your stomach arch your back.

Contract your buttocks muscles. You should feel a stretch in the thigh of your affected leg. Hold the stretch for 30 seconds & repeat on each side 3 times & then 3 times a day on both sides.



**Position:** Either seated comfortably in a high back chair (figure A), seated in the lotus position (figure B) or laying flat on the floor (figure C)...really any position that is comfortable for you to be in.

**The breath:** Breath deeply in and out through your nose with your tongue resting comfortably on the roof of your mouth. If you place a hand below your belly button and one on your chest they should be rising and falling together.

**The Mindset:** As you sit or lay there focusing on your breathing imagine that you are floating in a great, white abyss. It is a comfortable feeling to float. Nothing should be pulling at you & nothing should be disturbing you. Allow yourself some time in this undisturbed state & then allow one of your life's issues to enter your mind.

Try to identify exactly what it is that disturbs you about this issue, while still floating in this great white abyss. Is the problem the way you perceive a particular situation or person? Is the problem that you feel you are not in the right climate, environmentally or socially? Is your work or family not fulfilling to you? If other issues start to enter, then re-focus upon the 'one' issue. When you feel that you know the exact reason that this particular issue causes you a problem, then ask yourself what kinds of changes are necessary to make this issue disappear.

Since it often takes 2 to define 1, then you may need to communicate your plan to resolve your issues with the people in your life. People are often resistant to change even when it is for the better. Accept this & then envision discussing your plan for change with the people in your life. Envision them responding in a supportive & optimistic way. If you decide to take your vision from imagination to reality, then you can ask them to be more supportive if things don't go as you had hoped they would. Take 3 deep breaths & open your eyes taking care not to lose that feeling of interconnectedness with the world.

**Affirmation:** End your meditation by telling yourself: "I deserve to find joy in my activities & relations. I will make the changes in my life that are necessary to attain joy."