

The Hoshino Therapy® treatments are complemented by a program of four "Hoshino Exercises" designed for proper maintenance of the biomechanical body. When practiced daily in the morning and evening, as prescribed by your therapist, they ensure proper movement and circulation to all the parts of the body. The regular practice of the "Hoshino Exercises" after your series of treatments is over, will help prevent a recurrence of your symptoms and will provide a sound basis for keeping physically fit in the future.

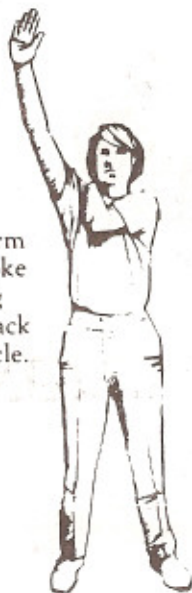
1

Shoulder Exercise

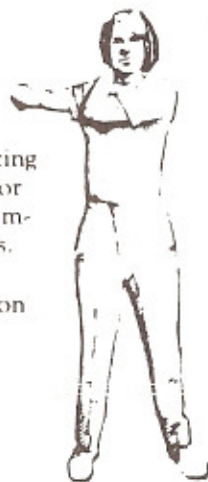
Firmly grasp the right shoulder with the left hand.



Rotate the right arm in a slow backstroke motion, stretching the arm up and back to make a full circle.



Keep the torso stationary and facing front. Continue for the prescribed number of revolutions.



Repeat the same on the other side.

2

Knee Exercise

This exercise has two movements separated by a standing position. To begin, stand with your arms at your sides and feet about a foot apart with the toes turned slightly inward.

First Movement - Keeping the back erect, flex and draw the knees together. At the same time, raise the arms, extended, in front of you to shoulder level. The heels should remain on the floor. Return to the starting position.



Second Movement - Keeping the back erect, flex and widen the knees beyond the feet. At the same time, raise the arms, extended to the shoulders. The heels should lift slightly off the floor. Return to the starting position.



3

Twisting Exercise

Stand with your feet spread wide apart. Place the hands on the small of the back, fingertips toward the spine, and press the hips forward slightly.



Keeping your feet flat and legs straight, twist to the right 90 degrees.



Then bend from the hips over the right leg, keeping the back straight. Raise the torso up and return to the starting position.



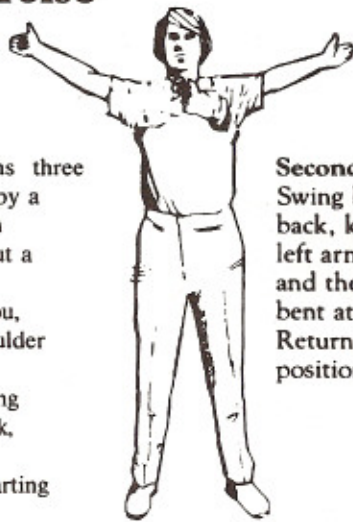
Repeat on the other side.

4

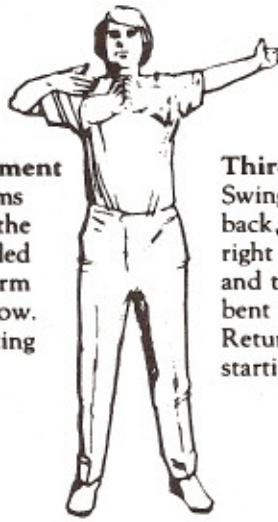
Chest Exercise

This exercise contains three movements separated by a starting position. Begin standing with feet about a foot apart and arms extended in front of you, palms together, at shoulder level.

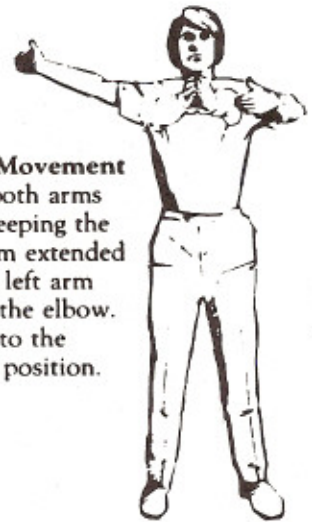
First Movement - Swing both arms straight back, well above shoulder level. Return to the starting position.



Second Movement
Swing both arms back, keeping the left arm extended and the right arm bent at the elbow. Return to starting position.



Third Movement
Swing both arms back, keeping the right arm extended and the left arm bent at the elbow. Return to the starting position.



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Hoshino Exercises

- _____ 1. Shoulder Exercise
- _____ 2. Knee Exercise
- _____ 3. Twisting Exercise
- _____ 4. Chest Exercise



Hoshino Therapy®