

# Shoulder and Thoracic Pilates - Ref 90KG - Draft Transcript

*with Karen Grinter*

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## TRANSCRIPT

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- Some elements (repetition or time-sensitive material for example) may have been removed*
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**Steven Bruce**

parent is a North hence policies teacher and she's been in on many occasions before to help us out with exercises that we can prescribe in our own clinics to help our patients out things which are nice and simple, straightforward, that don't require you to be a policies instructor to be able to prescribe them, but also likely to get good compliance for our patients. So Karen, welcome. Hello. Tell us a bit. Tell us a bit about what's going on with you just for a few seconds, Karen because I can see you're in a lovely studio there, which I should imagine was a right little sauna in the sunshine we've had recently.

**Karen Grinter**

It was a little more has to be said. It's east facing so first thing in the morning itself. And then a little bit better, but no, we're mostly online. This six days. So it's been really busy. Thankfully, our clients have mostly embraced it, bless them. So by keeping us compelling, which is great.

**Steven Bruce**

Can you remember how many times we've had you on this show before I can either. No, it was much more fun when we had you in the studio, obviously, but we make do with what we can while we are in these weird times with Coronavirus. We're going to talk about some shoulder in forensics today. How do you want to start that?

**Karen Grinter**

I will add an email from Allah saying, Can I do something? What? So this was just out of a workshop I did with the clients and the something to sort of for them to sort of play with really, so I just thought, well, that fit we'll do that and we can use a hand towel. So again, the fun of teaching online is what kids if they got, yes, you know, when we were so face to face, I've got 12 of everything. But at home, they haven't necessarily got all of that all the rooms. So yeah, it was just sort of using what we've got. So just children mobilising, really and also just looking at head and neck alignment and getting that mid back to sort of work. Given that so many of them have been at home working from home, as I pointed out, an ironing board makes a really good standing desk at times. And you haven't got anything else. So yeah, it's just stuff we can do to sort of keep people moving and just to stop them from locking up. So that's it.

**Steven Bruce**

I might actually send that suggestion to Claire about using the ironing board as a standing desk. Then he travels a traveller she'll need training so she can recognise an ironing board. Oh, no, no, no, that's her own admission. She has no idea what an irons for believing them.

**Karen Grinter**

Well, I'm sure there's plenty guys out there living on their own also know. You don't have to bother with it. So yeah, so that's what we do today. So should we just crack on? Yeah, please do. So. Um, obviously, all of your listeners are going to know about posture and alignment and all of that. But lots of our clients don't necessarily so we try and encourage them to be standing nice and then simply hit the park with their feet. So they're not sitting here standing like a duck or all of those weird thing. So thinking from the feet up, where

are you in space, their breasts, they lifted, arm start relaxing down by the sides. And I usually get them started off with just simple things like extra activity. So just getting them thinking about their body in terms of joints. So how do these joints feel with the shoulder joint is identical on both sides, but it doesn't often behave like that. And then sometimes they slightly surprised at that or you get that little well it's my age, but no it's likely because You can use in your body. So first of all, how does this feel? How do they both behave the same way does one want to go further? Does the other one feel like it doesn't really want to go there. So just simple things like backstroke swimming to begin with. So once we've got a little bit of movement going on up there, we do an exercise called Windows. So take the elbows back, then palms face forward. So I call this surrender position. Reach up to the ceiling, come back in front. So just again, noticing how this feels. How does it feel one side to the other. We can do this lying on the floor as well. Elbows to the floor, they what they try to do is they can flick their hands back like that trying to get their hand down to the floor. So again, it's how do we cheat at movement? So we can go the other way too. We can go goalposts and down and forward, elbows to the side, down and forward. And we can go one up one down. So it kind of like two thirds of man emblem, but with arms and seven legs. So just little simple movements that get them thinking about what's happening here. And how does that affect postural alignment? So they're just living things to start with. Also, we do them often against the wall, too, so just can't do right this minute. But sometimes, again, when you get people lined up against the wall, it's, you know, can you get your hands up to the wall? Do they just go there, and then you're kind of doing a standing back then so Anything where people are also listening into their body, listening to sort of the feedback, that we're giving them clues in the hope that, you know, as they progress, they start to notice these clues to themselves, and then start to make those changes. And not rely on somebody else constantly for the input saying, Oh, you know, your shoulders, not where it's supposed to be and stuff like that.

### **Steven Bruce**

Well, I was going to I was going to ask you, Karen, when you started doing the last one, you said, haven't doing that and having have the notice whether one feels the same as the other. That's all very well, but what are they going to do about it if they don't feel the same? Or should they do anything about it?

### **Karen Grinter**

This is just again, getting them to even notice it. And then once they are aware that one that there's an imbalance, they just continue working with sort of, you know, gentle movements to encourage that show. To join to do what it's designed to do, not what it's doing, because life has put it there. Hopefully that makes sense. Yeah, yeah. So, so they're the sort of little things that we kind of get going with to start with. And then because some of them had sort of problems up in sort of the shoulders and things, it's like, what can we get them to, to do if they haven't got stretchy bands, so I came up with a towel. So this is just an ordinary hand towel. She says, trying to roll it up. Okay, so it's just the the usual sort of, you know, rotator cuff classic rotator cuff exercises that we do with stretchy bands, but it's just turning it into more sort of isometric really. So, again, standing correctly, elbows into the side. palms up, and then keeping the hands quite close to start with, and just pulling as tight as you can holding, and then letting go. So I guess for somebody that's got quite a few issues with tissues up here, this is quite an easy, simple way to start off because you're not actually moving anything as such you're not moving the bony bits. You aren't but you are

putting the muscles under a bit of strain. So, my I usually say How long do I hold it for? I like go pull, two, three, release. Oh, two, three, release or five. So it's just an easy way of counting. And that working quite nicely up in here. I'll put that sort of thing. top of my shoulder. Again, anything that encourages people to get their shoulder girdle in the right place. So opening up the collarbones, working through that mid back, holding that humeral head in a nice position, which when we get very rounded, obviously on it doesn't happen. And then normal becomes somewhere over here, slightly Neanderthal, rather than an ISO controller, and then taking it a bit wider so holding the towel further down, elbows into the side, and pulling again, and holding and releasing. So a slightly different way of doing rotator cuff Obviously, sort of working on the pulling out, not the coming in. But you could do exactly the same if somebody else was holding it, and just hold on hold again to sort of work through the back. So

**Steven Bruce**

it's not a question you're going to get Karen, obviously, is, how many times do they have to do this? Um,

**Karen Grinter**

I sort of like 10 would be nice if they did it, you know, a couple of times a week times 10. Right.

**Steven Bruce**

Just out of curiosity, and I don't expect there is any scientific evidence behind the number of repetitions for this, but are you aware of any research which says that 10 twice a week is better than five, seven times a week or whatever? No,

**Karen Grinter**

it's, I guess, in terms of, you know, compliance. Yeah. I just be grateful if they did something. You could quit all the research to them, but it's more than anything. Just getting people to make do that as a little habit. Really? Yeah, um, you know, it's if you're standing, I keep trying to say to people, if you're standing waiting for something, what can you do that's go to benefit, you know your body. So, which brings me to the next one.

**Steven Bruce**

Watch it just before you go to that next one. I was thinking about this. I mean, if somebody is, let's say there's a person who generally does the kitchen work or whatever, that's a nice easy when you can say well, every time you're standing in front of the cooker, just use your tea towel and do that exercise. And then there's a trigger for them to remember it as well. Isn't that

**Karen Grinter**

yes, there's this I say if you're waiting for a kettle to boil. Yeah. And then you do and I can't like I constantly get if I did everything you told me to do, I'd be exercising every hour of the day. Good. What's wrong with that? just told me you've got all this this this going on. So you get here. around doing something to support yourself. Right, moving swiftly on what was my next set up my next one is. So when they've done that one a few times just sort of getting a bit of strength in, then you can do it just holding something heavy. So you

could hold two water bottles or a couple of tins of beans or something like that. I'm just taking it out and bringing it back in. So little bit more dynamic or just adding more movements going out to the side, palms down, bring it in, bring it in, palms up, out, out, and all the time that that's happening. We're still trying to encourage the head on top of the neck. the breastbone lifted, both pelvic floor and abdominal work would be nice. While you're there, so back passage from passage pull up through the middle as often as you remember it and just get a little bit more tone through the pelvic floor. So they're kind of nice movements, just through the spine. And again, you know, if you're standing waiting for a kettle to boil, you can do a few of those. So nice and simple. From there, and I kind of quite like getting people to sort of focus on on shoulder blades on the shoulder blade positions, which if you get very round shouldered, then you know all of that sort of around the back of you starts to become your normal. So I like to use thumbs to start with so they start with that thumbs kind of slightly in, then turning the phones out and then feeling that going up. shoulders to the top into your shoulder joint, then drawing your shoulder blades slightly together ,holding again and then releasing and letting them go. And then starting again. So starting with the thumb, rotating the thumb out, so the palm turns out, the lower arm turns out the elbow turns out the upper arm turns out, you draw the shoulder blades together, holding and then letting go. And that one is a great exercise because you're opening up through the chest wall, and you're working into sort of rhomboids mid to large PCs, and you're trying to keep up or two PCs out of it. If we works, the middle and lower fibres, more then then you know, you've got more balance sorry. Through that mid back area, oh no, I've got tickle. The one thing you don't want when you're doing something like for everybody. So once you get used to doing it with the thumbs, you don't really need to use the thumbs. You can just focus on that upper arm just rotating out, drawing back together behind you. And then gently releasing. So hopefully, that all kind of makes perfect sense. Yeah. Yeah. Pretty simple, really simple. And again, it's doing it without toys without bits of equipment without having people to go and buy band or whatever else. I'm just a nice, nice way to sort of get things moving.

### **Steven Bruce**

Okay. Tell me Karen, just before you move on. I didn't interrupt your flow because I will forget what you took away. When you've been doing this with clients. I mean, I'm very conscious in the past that lots of People have talked about, well, I don't like your posture that you the patient's posture, I want to change it. How much are you genuinely seeing a change in round shouldered nurse or other postural habits because of these exercises?

### **Karen Grinter**

And with the ones that do the work, then hugely, yeah. Yeah, it's horses and water, I guess. I think in all the years that I've been teaching when I first started teaching 20 something years ago, 1997 whenever it was, um, we learned muscles. We, you know, the first thing I learned was so kaleido mastoid in the muscle book. They asked the lovely osteopath that write that book and that was 11 muffin every day. And I love that one and then I got stuck. Next one was more complicated. But we love muscles now. I'm much more interested in joints. Because it's, I suppose it's evolved and also how people learn is very different in terms of plot is my son is now plot his teacher too. And, you know, the course he did was hugely different to the way I learned. But it's become apparent, particularly as I've got older as well. You know, joints are much more

interesting, but also, it's not about the muscles in the sense, it's about the joints. So, you have people that run and you get them saying, Oh, I need to shut out the houses, can you give me a hamstring stretch? And of course now with greater experience, I realised, well actually, why is that hamstring, a problem? What's going on down there? That means that your hamstring is working much harder than it should be. The result is possibly that It's just working too much. Why is it working too much sought out the joints? So that kind of makes sense.

### **Steven Bruce**

Yeah, sure. Nick Burns his question as sent in a question about scapular setting. Is that something that you do?

### **Karen Grinter**

A little bit, we try not to overdo it. And we don't want that kind of military posture, as they call it, which not sure that that's right. But you know, shoving everything back and thrusting your chest out, because that's not attractive. But all I try and encourage is just thinking of jewellery. The salt states vary slightly down and vary slightly together. So it's quite low key in a sense. And then, as I said, it's just activating those middle and lower fibres of the trapezius and the rhomboids to a certain extent. do so because the upper trapezius You know, for all of us, when we get stressed, that's where it goes. If we worked on pelvic floors, as much as we work to offer to PCs, I'd be selling my shares in 10 lady. But as long as everyone's doing that, you're really stressed about it. I'll keep the shares for now. But it's just, you know, keeping it simple and not, and not encouraging people to overdo things. But it's, it's kind of the same for all exercises you if you get the bony bits in roughly the right place. Then eventually, hopefully, in time, that becomes people's new normal to closer. Yeah, yeah. Perfect, right. Where am I going next? Oh, yeah. So back to a rolled up towel. Another rolled up towel, so Just getting people thinking about their shoulder blades and just pulling the shoulder blades together and pulling them apart, pulling them together and pulling them apart. And this is nice at the beginning of a class. You can do all the flow, you can do it in four point kneeling. You can, they can have their arms in front they could need or they don't have to have their arms in front, but it just gives them in focus, and then gliding the shoulder blades up and down the back. So just getting stuff moving. And it's amazing, with quite a few people how little movement they have on their shoulder blades gliding around the ribcage or just quite frightening, particularly if they go. I find that quite so young, but then they're starting earlier I'll play with things like that my neighbours six year old and a four year old who have had tablets for as long as I've known them.

### **Steven Bruce**

But they're good climbing trees. That's what they should be doing.

### **Karen Grinter**

It should be, but they're not. So from here, we are going to just use the towel again. So once I've got them warming up and moving without a towel, then I sort of try and restrict the movement and see what happens with it. Just to get in to get them noticing what's happening in their body. Can they lift their arms up? And can they draw their roots and apps down in at the same time? Or if they got to try and arch their back? And

then if they're really mobile, hold the ends of the towel on the back of it. And then can they sit conduct up and over I'll come back So obviously, if they're really tight in the shoulders, they're not going to manage it. So they have to do it with something longer or let go off on end. But, you know, that movement, I think is quite important. We've got to keep that movement nice and free. The older we get, we read that we need to keep it nice and open. So you can do it with anything or even if they've got a scarf, a long scarf if it needs to be longer, but Bell sort of cheat a bit given half the chance one will go then the other kind of follows a bit. All the strange ways they have for getting in and around and stuff. So I'm going to dump the towel corkscrew has come up from behind the head. Then they lift the shoulders, lower the shoulders, press the elbows back. Bring the elbows forward, arms go up, out and down, hence the corkscrew. And then if we've got somebody that's particularly stinky, we can do it unilaterally as well as bilateral, just again, getting the listening to their bodies. So one back and then the other back, preferably for them in front of a mirror so they can compare either side and just see how that feels. feels quite nice on my shoulders. As I've had a week, in front of a PC screen, I seem to spend my life in front of the screen. Sure, don't like

**Steven Bruce**

well, you can talk to me about that. I spend all my life either editing videos or sitting in front of a camera.

**Karen Grinter**

have spent so much time sitting down for years. I know bending over people or pulling bits of equipment around not sat on a giant board in front of a giant screen trying to give feedback to everybody on zoom. But you know, we're doing our best, right? This is, um, so I call the Hilda optune exercise, which, showing my age, I know there are people that go who. Okay, I like this one because this one sort of starts to get head and neck alignment kicking off and getting them working up through the neck. So again, just using a towel and pressing the head into the towel gently and then releasing. So just pushing back. So the towels just adding a little bit of resistance. And again, as they're doing it shoulder blade slightly down and together. There's no data There's no value in being in that position. So just keeping up nice and steady, pushing in, and then tearing, what

**Steven Bruce**

does the towel bring to the party? Why can't they just do that with their hands?

**Karen Grinter**

With their heads, they can do that. Again, I teach it with that. But for some people, they just need a bit more space here. Yeah. And it helps them keep their shoulder blades in a slightly better position than when they're like they just, I think if if they are really tight here, then having a bit of space there. It's just a lot easier for them. And hopefully, they can get to the point where they can be in that position and their head is on top of their neck, not in front of it. And you know, they've got nice shoulder mobility. So it's just another again, it's just another variation that people can use. And then a bit of rotation. So this one is keeping their head in the same position so they're not turning their head on their neck. Keep the hips still and just rotate your upper body to one side, coming back to the centre and rotating to the other side. And people struggle with this quite a bit. I've got that so all right, I'm going back to their Bell sort of back family around with their elbows

or their head. So sometimes just clamping their head in something and they just keep the head centred. Then you can get the rotation in the spine and and keep the shoulders, the ribs and the head, all in one alignment and timekeeping. the pelvis nice and still the legs so the hips stay forward. So a little bit of work for the obliques and just making that a nice movement. So,

**Steven Bruce**

Karen, we've had somebody call calling themselves PC has sent in a comment saying that there is some evidence to suggest that they've just said resisted arm abduction. I presume by that they mean resistive shoulder abduction is very good for neck and shoulder pain. Is that something that you've heard?

**Karen Grinter**

I don't know. You always asked me things like this, even though I feel terribly, terribly. pancakes, I think

**Steven Bruce**

this is a conversation. I'm just I'm interested to know what

**Karen Grinter**

I have to say. I probably don't go looking for it, which maybe I should. But it's I sort of come I do lots of courses. Obviously, and then I kind of try them out on my body. Yeah, if it feels okay. And you know, then obviously, they've usually got some kind of research that I will look at treatment. But I won't throw everything at people without, you know, having some qualification for it. Um, but yeah, I think that I feel that some of sometimes the isometric stuff is a good place to start. Yeah, cuz you're not loading and taking that out there. When you know, if there's a problem up there already, then it seems to me that then you know, sticking up, haven't got one sticking away in somebody's hand or, you know, resistance and then moving that in and out. When they those problems. It stopped. So if you can start it in a, in a slightly different way, so you're loading the muscle, but you're not moving Moving, but it's, it seems to it seems to be a nice position to start from. I hope that makes sense. Yeah. Okay. Um, where are we going next? Oh, yes. So back to my shoulder, mobilising this like white light and it's surprisingly tricky to do. Keep the elbows in tight. And then just circle your arms around. So it's right. Oh, my donkey came out because there's thunder. She hates thunder. She's gonna come fly through here any minute now. Now go the other way. So elbows in tight. Go away. Sorry. I don't feel tight. Don't worry, Karen, don't worry.

**Steven Bruce**

We all know the perils of these zoom conversations.

**Karen Grinter**

She's just not good on bangs and crashes and noises. So, um, so yeah, it's, I just find that quite challenging to do, I don't I'm a bit rubbish at that sort of external rotation bit, that's about as much as mine want to go. Um, so I find doing this movement here, when I go out. I'm really having to work hard to get it back the same the other way. But doing that over the last few weeks, I've actually improved my external rotation,

which I'm quite pleased with that because it was about there a few a few months ago. So there is there is improvement for some very pleased About to be quiet. All right.

**Steven Bruce**

PC has actually sent in a clarification actually. He or she says that they meant they were using the arms as a long lever for example, holding a Thera band that you're standing on, and then abducting your arms out to the side and then overhead. That's what they were talking about there.

**Karen Grinter**

Yeah, yes, again, you know, it's

**Steven Bruce**

while you're doing your stuff there, Sarah Spencer Chapman, hello, Sara. Sara says, This is really, really great and she loves the stuff you're sharing.

**Karen Grinter**

Thank you very much with health professionals because I'm not I just teach exercise.

**Steven Bruce**

Yes, but you are part of a fairly elite multidisciplinary team down here as well when you would be separated by COVID.

**Karen Grinter**

Yes. Whenever anyone asked me about muscles to do that, you can almost see the whites of my eyes.

**Steven Bruce**

only ever asked you questions about the standard letter. mastoid in future

**Karen Grinter**

the gantry muscle so the only thing I can remember from watching Coronation Street when I was little was deadly. And every time she so can we muscle in the next

**Steven Bruce**

you've lost me with Coronation Street. Anyway.

**Karen Grinter**

I think I was 10 the last time I saw it. So, yeah, so if you wanted to use fans anyway, so once they've sort of got a bit of movement carried then sort of things like up and out and down and in so little kind of bicep curls, again, kind of working up going the other way. So depending on how heavy the band is, you can do both together. And now if I'm feeling me this class of annoys me, that doesn't work. Then they get nasty things like this to sort of holding out little circles, you know, anything like that. Just coming up, lateral raises

all that stuff. stuff and you know, again people who well you know, I'm a certain age you didn't give me that you fall on the floor try and get up without using your hands or your arms it's not gonna happen so you may as well get stronger so if you do fall over you can get back up again. So that's always the answer to anyone who says that you know, they don't think they need to be there knock abortion work. Yeah.

**Steven Bruce**

Expose asked if these exercises can be done sitting as well for some patients. What do you do you lose a lot as you said, People don't

**Karen Grinter**

know if they want to do them sitting then yeah, there's I mean, we have we have clients that are in their 80s and you know, some of them will do them sitting down but then you know, we've got clients in their 80s who would quite frankly slap me if I suggested they sat down Why would I want to do that heard nothing wrong with me. Which Skype never Okay, I'll stick with the band for chicken wing. So but you can do this with a pole as well. So bringing it up, bending your elbows a little bringing it behind you bringing it up and bringing it back. So this isn't a towel, but they could do it with a pair of tights. If they hadn't got a stretchy band, or maybe a scarf. So again, you're just looking at that lovely movement. And you can feel your mid fat working quite hard. Hmm. Which is a good thing. And you can you can do your circumduction if you hold it nice and loosely, all the way up and over, all the way up and back.

**Steven Bruce**

And would you get them as a progression? Would you get them tightening that up after a few

**Karen Grinter**

yeah If you want to be really mean, you hold it to get my hands in the right place. Go there. So my straight wrists, and then just think of the backs of the hands coming together. So it doesn't have to be extreme. But just edging that back and then go a bit higher edge back again. So you're sort of catching various attachment points of your pec wall and various other muscles that I can't remember levator scapula probably. I'm just yeah, just kind of playing with it just to see what you can get going where anything, anything that opens this minefield Great. Thanks. Today just opened up thing up, which is lovely. What's the title? I got this look at the time. I'm learning to keep an eye on the time. Cuz then I run out.

**Steven Bruce**

Well, I was I'm gonna waste a bit not waste a bit more to take up a bit more of your time with a question from Vicki. Vicki says that she's a clinical and triggerpoint facilities instructor wonders whether you deal with trigger points and fascia in your work

**Karen Grinter**

a little bit, um, I don't, I got kind of steer clear from sort of tumour to know what's going on down the road, but there's a lot of banging and crashing going on. And that's what we use little massage balls and things like that, but I tend to send people off. You know, if I think they can sort of benefit from stuff like that, then

yeah, go and go and go see something, get it done. You know, whenever you can. Well, then she might quite like this. This next one. Okay. Hands Tao bolted in half, sold in half again, and roll it up. So you make a little fat roll, like that. So like in a posh restaurant, I'm going to move my camera gang. So just bear with me a minute. Try not to look at my rooms. There we go. So this is a lifesaver when I've been on the computer too much. So I'm going to put it at the bottom of shoulder blades. Okay, so if you have a foam roller, then yes, you could use a foam roller but they're a bit extreme, unless you're used to using them. So it's sort of just a bra strap level. For those of us with a bra strap. elbows forward, take the weight off. On your hands, and then just rocking gently backwards and forwards over the towel. So this is kind of quite nice for that really sort of tight, mid back area, so you can just move the towel up higher. So I tend to do about seven or eight here and then move it up a tiny bit. So now it's kind of more on the shoulder blades. And again, just rocking back and coming forward. So it's not so extreme. I'm dropping everything right back there and then just articulating around

We go around that mid back. So you could do it with little massage balls, some people do. But let's say if people don't have all that stuff and they've been like that all day, then just taking your spine into that gentle extension, nothing too extreme. And then just taking it up the spine, it's just a really nice thing to do. If you can't get someone to get in there and give it a nice massage. But you know, sometimes that is a bit too much. So just a nice way to get that moving.

#### **Steven Bruce**

number of people being very complimentary about your teaching Karen seeing how useful this is not just for patients, but for the practitioners as well. And of course, the

#### **Karen Grinter**

well.

#### **Steven Bruce**

Now that the key with practice with patients of course, as you've got to try and make it simple, and you've got to make sure they can remember it and give them those cues to do it. Haven't you

#### **Karen Grinter**

Yes, yes. Quite often my cues are not appropriate. But you know, if somebody is that if they remember it, then that's okay. You know, it's like human pelvic floors and things like that. You know, anything you can do that just makes people think oh, yeah, now I know what she means quite. It's quite hard to find a way sometimes that resonates with everybody. So you just have to keep throwing the kitchen sink at it. So the sits in there and they think, Oh, yeah, that's, that's good. I remember that. You guys get

#### **Steven Bruce**

some nice comments about the dog as well. Everybody likes dogs.

#### **Karen Grinter**

She's not. She's the pick stock from him, quite frankly.

**Steven Bruce**

I hear she says the same about you. Okay,

**Karen Grinter**

so I'm going to use this With that, we have time for one more. So I'm going to use this everybody for a bit of rotation. So use the roll under your neck. So you put it to me that is position four. I'll go on the floor. I'll put it on the floor. So, roll goes, they're

**Steven Bruce**

all new. Can you go a bit further from the camera, please? Current? Yeah, there you go. That'll be fine.

**Karen Grinter**

Yep. Well, guys, you bring your arm up above your shoulder, your head is looking at it. You keep your pelvis still and you rotate your torso back and then forward. So I'm not letting my way. I'm not letting this join in. I'm just rotate my call so just allowing the chest to stretch and it's just it feels like you're working your way out your spine. Yeah. And again on the other side so if you did it from a seated position it there and then rotating that next door talks about joining 101 Dalmatians isn't it out there barking creatures there's no puppies lost.

**Steven Bruce**

Vicki sent in another question. Do you have a YouTube channel with your exercises on it?

**Karen Grinter**

No, I've got a Vimeo channel. Okay. With Ah, we have some bits and pieces on there that we do for the clients. So sort of beginner stuff of bits and pieces like That.

**Steven Bruce**

So that's not open access. And people can't just go to your Vimeo channel and see these things.

**Karen Grinter**

No. I mean, if if anyone desperately wants something sleeping together, then you know, I could happily put something together and send it to them if they wanted. That's very kind. Would it be difficult to do, I'm sure I've got something somewhere or if they just say you know exactly what it is, then we can maybe put sort of, okay, stuff together, but you can have a play with

**Steven Bruce**

anyone who's watching wants to send in their requests via the Academy, then we'll forward them to Karen. And I hope you won't be inundated by people asking you to do prescription exercise programmes for their for their patients. start charging a fee

**Karen Grinter**

to come and join in our class. Feel free

**Steven Bruce**

up to two o'clock and that's when we said we would finish so We'll let you go now. I'm going to chase your dog around the garden. And thank you again as always for very helpful range of exercises, nice simple stuff that we can prescribe. And and of course, as always, you know, we don't have to be politics experts to prescribe this stuff. It's simple, basic biomechanics. Isn't it? so

**Karen Grinter**

fantastic.