



ThermaKinetics – Abdominal Stretching Exercises for Menstrual Pain

Pain and discomfort during menstruation is something most women face. Studies show that it's best for a woman to stay active during this trying time of the month.

That's why an advisory board consisting of specialists from various fields of medicine, research scientists, and physiotherapists have developed a way to alleviate menstrual cramps - ThermaKinetics. For maximum benefit, it's a good idea to combine these non-aerobic, low impact exercises with ThermaCare HeatPatches.

Although these menstrual exercises can be performed while you are still experiencing some pain or when the pain has gone, you may experience better results if you do them between bouts of pain. If you are not sure whether you should do these exercises, please consult your physician, who might tailor the exercises to create a program that is most appropriate for you.

Remember, if you follow ThermaKinetics regularly your pains should ease more quickly. Before you begin, please read the General Instructions.

- Cat Stretch
- Lower Trunk Rotation
- Buttock/Hip Stretch
- Abdominal Strengthening (Curl Up)
- Lower Abdominal Strengthening
- "The Bridge" Position



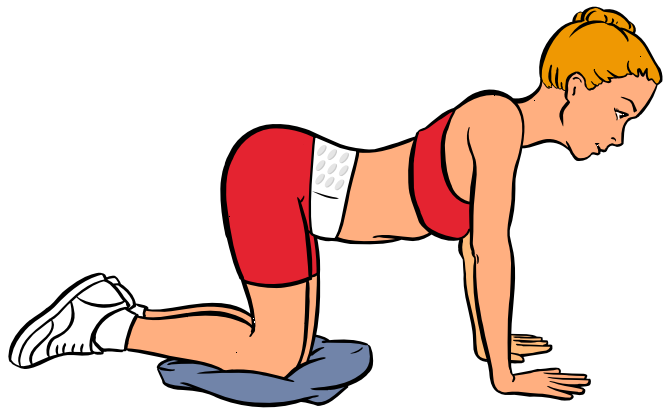


General Instruction

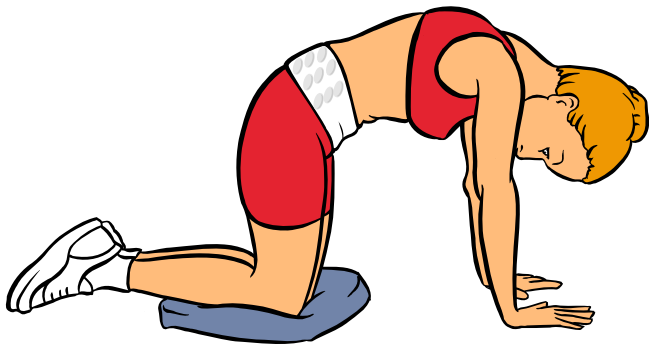
Before you begin this or any exercise program, consult with your physician. Here are ten things to keep in mind:

1. These exercises are designed specifically to promote muscular strength, endurance, and flexibility. They do not replace aerobic exercises.
2. If you have heart disease, see your physician before performing these exercises.
3. If you have a condition that may limit your ability to perform any of these exercises, look for the alternate exercises, included with the instructions.
4. If you have any questions about whether you should do an exercise, once again, consult your physician or physiotherapist.
5. Doing exercises incorrectly can be harmful. Perform only those exercises you fully understand.
6. Should you experience pain or discomfort while doing an exercise, stop that exercise and go on to the next.
7. Remember to breathe normally. Try counting aloud while you are holding a position to remind yourself to breathe.
8. If you find it difficult to do an exercise on the floor, use your bed or a soft mat.
9. Using a ThermaCare HeatWrap during exercise may increase your muscle flexibility and comfort. For better results, the wrap should be worn at least 2-4 hours before exercising.
10. Exercise balls can be used in some of these exercises. They can be purchased in a variety of stores, including most physical therapy departments of hospitals, sporting goods stores, and over the internet.

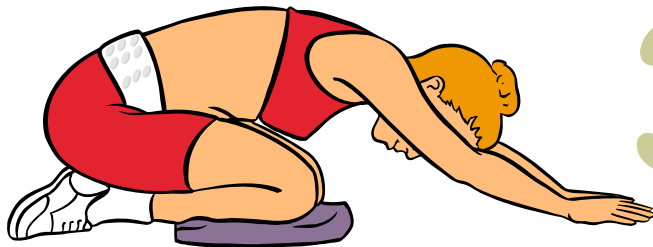




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Cat Stretch

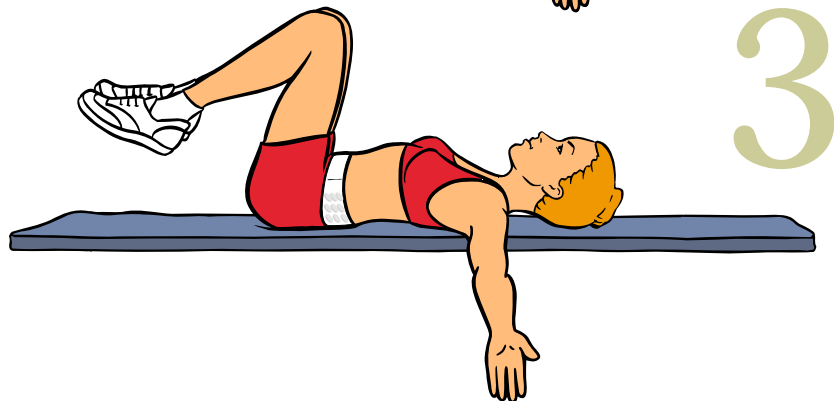
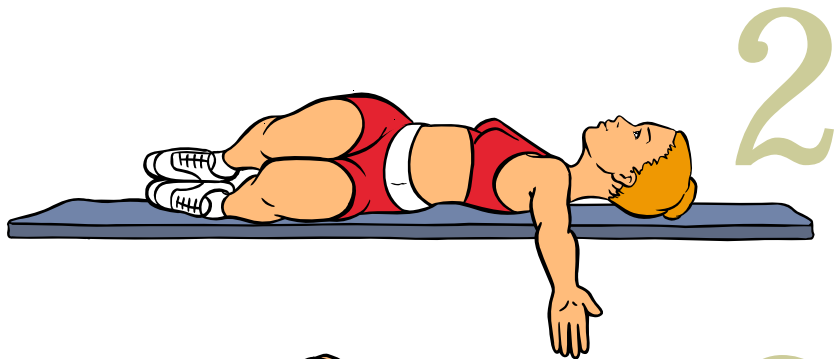
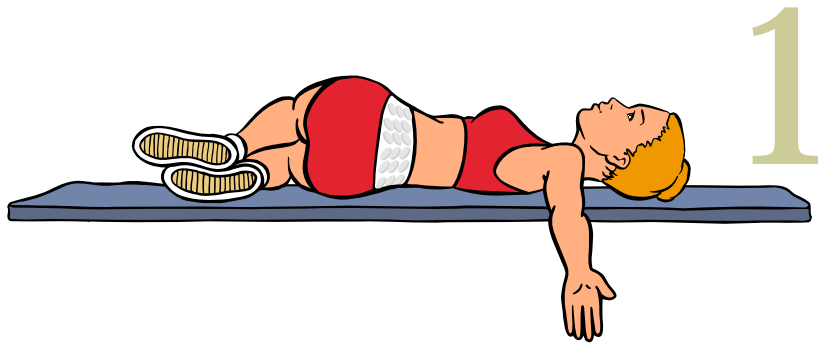
Starting position: On your hands and knees on the floor, hands under shoulders, knees under hips, feet relaxed, eyes looking at the floor.

- 1 Arch your back, pushing your stomach toward the floor as far as it is comfortable. Tuck your chin in and look at the floor.
Hold for 10 seconds, counting aloud, then relax.
- 2 Round your back, pushing it toward the ceiling, and drop your head toward the floor.
Hold for 10 seconds, counting aloud. Maintain a rounded back as you do step 5.
- 3 Sit back on your heels, stretching your arms out in front of you as far as possible.
Hold for 20 seconds, then relax.

Do exercise 3 times

NOTE: A pillow or cushion placed under your knees or behind your knees may be helpful if you have arthritic knees.





Lower Trunk Rotation

Starting position: Lying on your back, knees bent, feet on the floor, arms extended out to steady yourself.

- 1 Slowly roll your knees to the right as close to the floor as possible. Keep your shoulders on the floor as much as possible.
- 2 Hold for 20 seconds, then roll to the left side.
- 3 Hold for 20 seconds, then return to starting position.

Do exercise 3 times

NOTE: For those who need more of a challenge, bring both knees up toward your chest, lifting your feet off the floor until knees are over hips. Roll your knees to the right, and then to the left. Make sure your back stays flat to the floor.





Buttock/Hip Stretch

Starting position: Lying on your back, knees bent

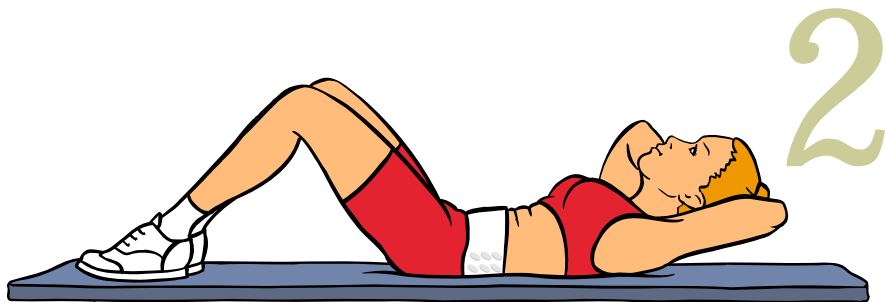
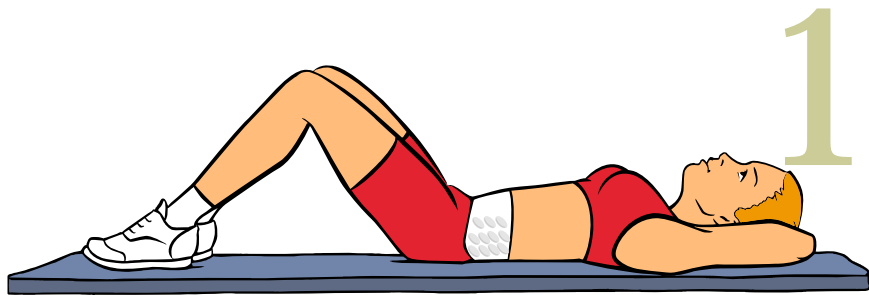
- 1 Place the outside of your right ankle against your left thigh just above your knee.
- 2 Grasp the back of your thigh just above your knee and pull it toward your chest as far as is comfortable. If this is too difficult, try pulling in your right ankle and knee, leaving your left foot on the floor.

Hold for 20 seconds, then return to the starting position and relax.

Do the exercise with your left ankle resting just above your right knee.

Do exercise 3 times





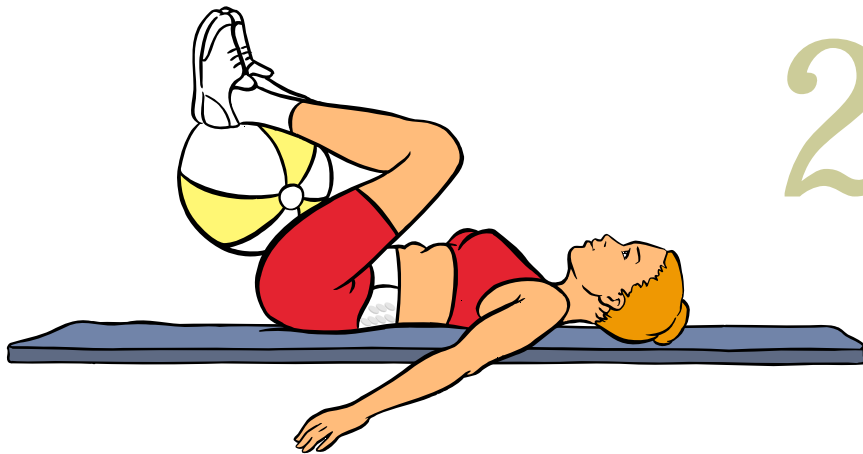
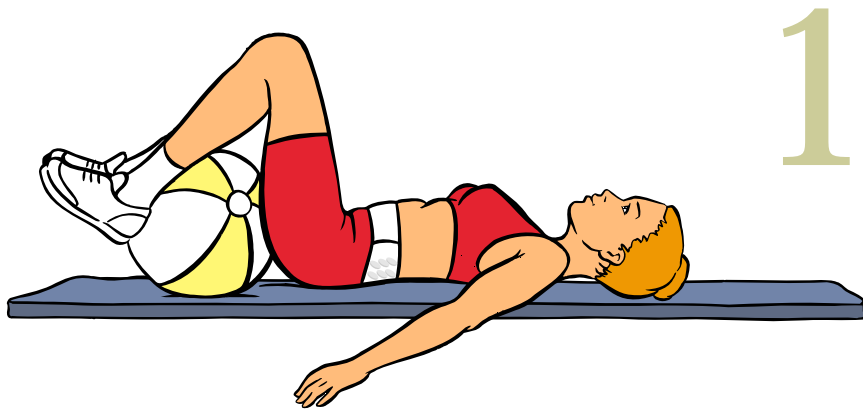
Abdominal Strengthening: Curl Up

Starting position: Lying on your back on the floor, knees bent, feet on the floor, hands resting beneath head.

- 1 Arch the small of your back up off the floor and push your stomach toward the ceiling. Hold for 20 seconds, counting aloud.
- 2 Flatten your lower back against the floor by tightening the muscles of your abdomen and buttock.
- 3 Partially curl your upper body in toward your knees.
- 4 Hold for 20 seconds, counting aloud.

Do exercise 3 times





Lower Abdominal Strengthening

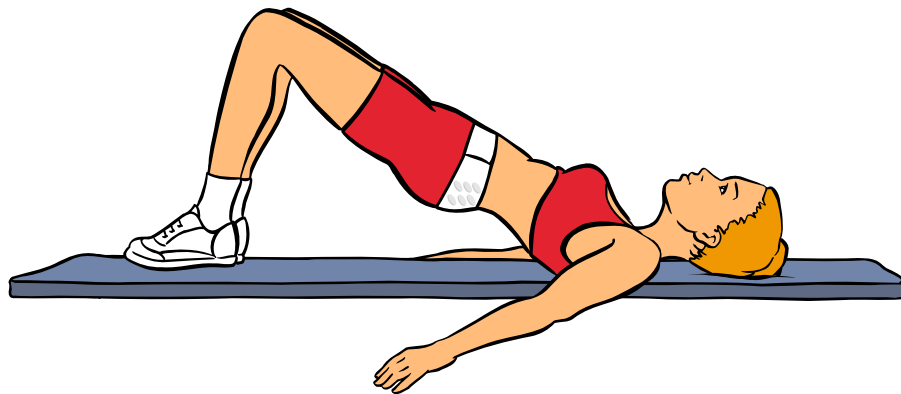
Starting position: Lying on your back on the floor, knees bent, arms extended out to steady yourself.

- 1 Place an exercise ball between your heels and buttock.
Flatten your lower back against the floor by tightening the muscles of your abdomen and buttock.
- 2 Slowly bring both knees up toward your chest, tightening buttock muscles by digging the heels into the ball.
Slowly lower both legs to starting position

Do exercise 15 times

NOTE: Do not arch back.





“The Bridge” Position

Do not perform this exercise if you are experiencing neck pain.

Starting position: Lying on your back on the floor, knees bent, feet and elbows on the floor, arms extended out to steady yourself.

- 1 Flatten your lower back against the floor by tightening the muscles of your abdomen and buttock.
- 2 Lift up your hips and lower back to form a straight line from your knees to your chest.

Hold for 20 seconds, then return slowly to starting position and relax.

Do exercise 3 times

