

Sotai Self-Exercise

Posted on September 27, 2019 by Cat

I received this information from my acupuncturist who also does Sotai (original source is Sotai.US - see link below). From Wikipedia, it is "a method of neuromuscular reeducation and unwinding muscular holding pattern."

I've been having problems in my hip that keep coming back after chiro treatment – one hip is higher than the other (from a tilt), so that leg appears shorter than the other, and I tilt to that side when walking. These exercises balance the entire body and the result after my first experience was amazing.

I have transcribed the exercise instructions he gave me, below (with my notes in square brackets). He recommends doing these exercises 2 - 3 times daily, especially first thing in the morning (right after getting up), and last thing at night (before going to bed).

NOTE: If you have **vertigo problems**, you may feel dizzy as your body and head move from side to side, especially during exercises 7 and 8. You may wish to follow these 10 Sotai exercises with the Epley Maneuver, which resolves vertigo problems if you do the maneuver regularly.]

See also: **1.** Sotai on Wikipedia: en.wikipedia.org/wiki/Sotai; **3.** [Sotai.us](https://sotai.us); **4.** [Epley Maneuver](#)

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Self Sotai Exercise

- Do at bedtime in the morning and evening [right after getting up for the day, and right before going to bed].
- Breathe deep into the abdomen in-between each exercise.
- Do each exercise about 10-20 times and take a deep breath – inhale and exhale – at the end of each sequence.
- Anything that hurts, don't do it, or don't move to a far range of motion. Shorten up the movement, or do more movements to the easy side.
- Strengthens the immune system, moves the body activating core muscles.
- It's wonderful; you will feel good.
- SAFE and EASY. Have FUN with it!

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Exercises – Done lying of floor or bed

[NOTE: do not do this on a bed if it is not firm.]

Take a very deep breath in and out, between each exercise – or maybe 2-3!

1. **[Windshield Wipers]:** [While lying on your back, spread your feet about 6 inches apart, to give room for the rotation. Your heels are on the floor, with your toes pointing most up.] Rotate feet and legs so feet move like windshield wipers. Then keep feet in that same position for the next two exercises (dorsiflex and feet/ankle circles).
2. **Dorsiflex: Move feet up and down** like stepping on a gas pedal and letting it go. [Alternate your feet: when L foot is stepping on the gas pedal, the R foot is letting it go, then reverse. Remember to move your entire leg when stepping on the pedal and letting go.]
3. **Feet and ankle circles** in both directions; the legs should also move.
4. **Bend your knees**, keeping feet on the floor/bed and together; move legs side to side. Place your hands on abdomen and clasp them. As you move your legs, you can allow your hands to float across stomach starting at the top and moving downward to gently massage the abdomen in a criss-cross fashion.
5. **Baby Bridge:** [while knees are still bent], lift only buttocks and sacrum off floor/bed [using abdomen muscles], [then relax back down to bed]. This is only hip extension. [It's like rocking your lower back.]
6. **Big Body Bridge** engages whole body to raise up and rest on lower shoulders at the pectoral line. [I was instructed not to do this exercise yet.]
7. **[Twist]:** Bend knees [with feet, knees apart by about a foot or more on floor/bed, and] with arms straight to the sides [like a cross]; twist knees [dropping to floor/bed] and arms [in an arc over head] in opposite directions; neck is also going side-to side.
8. **Back-stroke:** [Un-bend at knees so legs are straight on floor/bed] swimming [as if] doing back-stroke; allow body to rotate side to side. This is good for nervous system. [If you feel dizzy as your body and head move from side to side, that is an indicator of vertigo problems which can be resolved by following these Sotai exercises with the Epley Maneuver (2.3).]
9. **[Goal Posts]:** Legs straight and arms are bent out to the sides with alternating arm movement up and down. [That is: keeping arms bent at elbow, move lower arms down to floor/bed with hands pointing past the head, then back up and down to floor/bed with hands pointing toward toes; and repeat. Make sure upper arms remain perpendicular to body, and arm remains bent at elbow.]
10. **Reaching to the stars**, up towards the sky as far as you can reach, like catching and grasping a star, then pulling it down. Slowly speed up. This is good for thyroid function.

continued, for references

Self Sotai Exercise

References:

1. Sotai-US
2. arspt.com
3. hopkinsmedicine.org/health/treatment-tests-and-therapies/home-epley-maneuver