

CONDITION	PATTERNING EXERCISES WITH PAGE NUMBERS	SUGGESTED TREATMENT APPROACHES, SUGGEST READINGS.
	PE#29 Page 120, PE#53 Page 167, PE#55 Page 173, PE#56 Page 174, PE#73 Page 205, PE#74 Page 211, PE#123 Page 324, PE#124 Page 328, PE#125 Page 327, PE#126 Page 331, PE#127 Page 342	Practice body awareness and relaxation exercises, develop an awareness of anxiety provoking thoughts and change these thoughts (read “cognitive therapy” on pp. 339 Page 340), relax the “startle reflex” (read pp. 25 Page 26).
Arthritic joint pain	PE#16 Page 70, PE#32 Page 123, PE#52 Page 164, PE#56 Page 174, PE#73 Page 205, PE#74 Page 211, PE#97 Page 256, PE#100 Page 260 PE#105 Page 267, PE#106 Page 268	Mobilize your joints with easy, loose range motion exercises, read about lubricating joints with synovial fluid on p. 165.
Abdominal tension	PE#10 Page 46, PE#16 Page 70, PE#45 Page 148, PE#46 Page 149, PE#47 Page 150*, PE#48 Page 153, PE#55 Page 173	Relax your intestines and other abdominal organs, stretch your waist (see Figure 8.38), read about organs on pp. 146 Page 152.
Balance problems	PE#24 Page 92, PE#43 Page 137, PE#56 Page 174, PE#68 Page 191, PE#95 Page 253, PE#114 Page 277, PE#115 Page 286,	Develop supporting reflexes that will catch you when you fall, practice standing on one leg, practice ball exercises, read about equilibrium and the inner ear on p. 137.
Bowlegged (see “ <i>knock kneed</i> ”)	PE#106 Page 268, PE#107 Page 270, PE#122 Page 315	Bend and extend your ankles, knees, and hips in same plane (read pp. 268 Page 270), practice push patterns in your legs to establish straight lines of force through the bones (read pp. 188 Page 190).
Breathing	PE#34 Page 126, PE#35 Page 127, PE#36 Page 128, PE#37 Page 129, PE#38 Page 130, PE#39 Page 131, PE#82 Page 228*, PE#126 Page 331	Practice diaphragmatic breathing, learn about the dynamics of breathing by reading pp. 126 Page 133, mobilize and stretch your ribs.
Coordination	PE#5 Page 31, PE#18 Page 92, PE#24 Page 102*, PE#60 Page 181, PE#62 Page 183, PE#68 Page 191, PE#71 Page 195, PE#72 Page 196	Practice many different types of movement patterns and gradually combine patterns, read about coordination on pp. 46 Page 47.
Chronic pain	PE#12 Page 64, PE#15 Page 69, PE#16 Page 70, PE#117 Page 298	Process your pain with a healing awareness, calm the tissues around pained areas, press on trigger points to release tight muscles (read pp. 58 Page 72), also read about the perception of pain on p. 81.
Cold hands and feet	PE#34 Page 126, PE#52 Page 164, PE#117 Page 298, PE#123 Page 324*	Increase your awareness of blood and circulation in both hands and feet.

Eye tension	PE#3 Page 23, PE#16 Page 70, PE#22 Page 97, PE#42 Page 136*, PE#62 Page 183, PE#98 Page 258,	Relax your eyes and the muscles at the base of your skull (read about eye movement on p. 135).
Flat derriere (or "butt")	PE#60 Page 181, PE#68 Page 191, PE#75 Page 212*, PE#83 Page 229, PE#87 Page 236, PE#108 Page 271	Develop tone in your hips and your gluteal muscles.
Flat feet	PE#107 Page 270, PE#108 Page 271*, PE#109 Page 272, PE#113 Page 276	Flatten your toes and strengthen your arches (read about feet on pp. 270 Page 272).

General muscle pain	PE#12 Page 64, PE#16 Page 70, PE#29 Page 120, PE#32 Page 123, PE#38 Page 130, PE#54 Page 167, PE#55 Page 173, PE#73 Page 205, PE#76 Page 213, PE#92 Page 245	Relax chronic muscular contractions, stretch tight muscles (read p. 220), use heat to loosen muscles before stretching, use ice to kill pain so you can relax (see p. 59), engage postural muscles in area of pain (see Chapter 9), explore micromovements in area of pain.
Head pain	PE#14 Page 169, PE#29 Page 120, PE#40 Page 134, PE#51 Page 163	Calm your head with touch, explore micromovements to relax muscles at the base of the skull, stretch muscles around your ears and jaw (see Figure 2.22), read about headaches on pp. 61 Page 62, relax your tongue.
Hip pain	PE#10 Page 267, PE#16 Page 70, PE#32 Page 123, PE#52 Page 164, PE#74 Page 211, PE#85 Page 232, PE#105 Page 267, PE#106 Page 268, PE#109 Page 272, PE#110 Page 273, PE#111 Page 275	Mobilize your hip sockets to loosen joints and relax muscles around the joints, move your hips with symmetry, relax and stabilize your spine while moving your hips.
Low back pain	PE#7 Page 42, PE#16 Page 70, PE#27 Page 118, PE#38 Page 130, PE#86 Page 235*, PE#87 Page 236, PE#88 Page 237, PE#94 Page 246, PE#96 Page 255, PE#105 Page 267, PE#110 Page 273, PE#124 Page 328	Relax tight muscles in the lower back and abdomen, engage postural muscles around the waist and spine, establish normal spinal curves (read pp. 41 Page 42), keep your spine aligned, avoid slouching (see p. 53).
Neck pain	PE#11 Page 62, PE#16 Page 70, PE#38 Page 130, PE#41 Page 135, PE#91 Page 244, PE#92 Page 245, PE#115 Page 286	Relax muscular tension in your neck with slow, weighted micromovements, engage postural muscles in your neck for support, practice reach with your head to keep your neck long, practice optical righting for support, breathe into your sinuses.
Shoulder pain	PE#25 Page 106, PE#74 Page 211, PE#81 Page 222, PE#85 Page 232, PE#99 Page 259, PE#100 Page 263, PE#101 Page 262, PE#120 Page 314	Relax your shoulders, open your chest, breathe into your upper ribs, stabilize your shoulder blades, avoid slouching, avoid a forward head posture.

Hand Page eye coordination	PE#62 Page 183, PE#98 Page 258	Practice hand Page eye tracking (read about on pp. 257 Page 258).
Incontinence	PE#86 Page 235, PE#104 Page 266	Develop control over your pelvic floor (perineum) muscles (see pps. 233 Page 244).
Jaw tension	PE#40 Page 134, PE#41 Page 134, PE#61 Page 182	Learn to relax your tongue and jaw, track movement of the disc in your jaw, pattern opening and closing the mouth (read p. 133).
Knock Page kneed	PE#106 Page 268, PE#107 Page 270, PE#122 Page 315	Practice sagittal tracking while flexing and extending the joints of your lower limbs (read about legs and knees on pp. 268 Page 270).
Lack of body awareness	PE#6 Page 35, PE#7 Page 42, PE#9 Page 45, PE#16 Page 70, PE#17 Page 80, PE#27 Page 118, PE#29 Page 120, PE#32 Page 123, PE#36 Page 128, PE#45 Page 148, PE#49 Page 158, PE#61 Page 182, PE#72 Page 196, PE#73 Page 205, PE#74 Page 211, PE#76 Page 213, PE#77 Page 214, PE#78 Page 215, PE#80 Page 217, PE#124 Page 328*	Sense your body while resting and moving, explore breathing, practice progressive relaxation, explore moving each joint one at a time. Any movement exercise done slowly will improve body awareness.
Locked knees	PE#9 Page 45, PE#105 Page 267, PE#109 Page 272, PE#112 Page 275, PE#113 Page 276, PE#114 Page 277,	Extend your knees without locking them while standing (look in a mirror for feedback), push with your feet, contrast extension of your knees with locked knees.
Mental chatter	PE#22 Page 97, PE#28 Page 119, PE#29 Page 120, PE#127 Page 339	Calm your mind, learn to let random thoughts float through your mind.
Muscle tension	PE#29 Page 120, PE#53 Page 167, PE#124 Page 328, PE# 125 Page 329	Practice progressive relaxation and organic movement exercises, read about relaxation on p. 121.
Numbness	PE#16 Page 70, PE#76 Page 213, PE#81 Page 22*, PE#85 Page 232, PE#91 Page 244, PE#100 Page 260, PE#124 Page 328	Improve your skeletal alignment and range of motion, stretch and release tension around your peripheral nerves.
Poor posture	PE#6 Page 35, PE#7 Page 42*, PE#38 Page 130, PE#39 Page 131, PE#77 Page 214, PE#82 Page 228, PE#83 Page 229, PE#84 Page 213, PE#86 Page 235, PE#90 Page 242, PE#92 Page 245, PE#93 Page 246	Practice isometric control over postural muscles (see Chapter 9), push patterns, postural sway (read pp. 32 Page 33), and diaphragmatic breathing.
Pot belly	PE#18 Page 82, PE#39 Page 131, PE#77 Page 214, PE#79 Page 216, PE#82 Page 235, PE#86 Page 235, PE#88 Page 237	Gain control over abdominal muscles, practice diaphragmatic breathing (see Figure 5.12), avoid belly Page breathing.
Rigidity (see	PE#29 Page 120, PE#48 Page 153,	Practice organic and fluid movement

also “ <i>spinal rigidity</i> ”)	PE#49 Page 158, PE#54 Page 167, PE#63 Page 186	qualities, spinal undulation, and rocking movements, loosen joints (see exercises for <i>arthritis</i>).
Rounded shoulders	PE#36 Page 128, PE#47 Page 148, PE#66 Page 189, PE#70 Page 242, PE#82 Page 228, PE#85 Page 232, PE#89 Page 240, PE#92 Page 245, PE#98 Page 258, PE#100 Page 260	Stretch muscles in front of chest, develop control over the lower trapezius muscle (read pp. 238 Page 241).
Scoliosis	PE#62 Page 183, PE#66 Page 189, PE#67 Page 190, PE#69 Page 192, PE#70 Page 193, PE#71 Page 195, PE#72 Page 196, PE#102 Page 264, PE#103 Page 265	Practice symmetrical movements in limbs, flex and extend spine. Also practice all postural exercises in Chapter 9.

Shallow breathing	PE#34 Page 126, PE#35 Page 127, PE#36 Page 128*, PE#66 Page 89	Expand your ribs as you inhale, practice diaphragmatic breathing.
Spinal rigidity	PE# 3 Page 23, PE#32 Page 123, PE#38 Page 130, PE#48 Page 153, PE#63 Page 184, PE#71 Page 195, PE#95 Page 253, PE#96 Page 255, PE#102 Page 265	Mobilize stiff joints, practice organic and fluid movement, practice undulating movements in spine.
Sunken chest	PE#36 Page 128, PE#47 Page 148, PE#66 Page 189, PE#70 Page 242, PE#82 Page 228, PE#85 Page 232, PE#89 Page 240, PE#92 Page 245, PE#98 Page 258, PE#100 Page 260	Expand your ribs as you inhale, practice diaphragmatic breathing, and unfold your chest.
Tension	PE#22 Page 123, PE#329 Page 120, PE#34 Page 126, PE#53 Page 167, PE#55 Page 73, PE#119 Page 311, PE#124 Page 328, PE#125 Page 329	Practice relaxation, internal respiration, progressive relaxation, organic movement, intrinsic movement, sensing weight sinking, yielding.
Travel tension (<i>exercises to do when seated for long periods of time</i>)	PE#7 Page 42, PE#11 Page 62, PE#26 Page 110*, PE#33 Page 125, PE#36 Page 129, PE#38 Page 130, PE#39 Page 131, PE#66 Page 189 (<i>adapt to seated position</i>), PE#77 Page 214, PE#82 Page 228, PE#84 Page 213, PE#86 Page 235, PE#90 Page 242, PE#92 Page 245, PE#93 Page 246	Practice all the isometric exercises in Chapter 9, diaphragmatic breathing, pushing down with hands and with feet, reaching with head, rocking pelvis, shoulder rolls, rocking head, micromovements, rocking over sit bones, contracting and relaxing each muscle group.
Trauma release	PE#21 Page 95, PE#22 Page 97, PE#29 Page 120, PE#53 Page 167, PE#55 Page 173, PE#117 Page 298, PE#123 Page 324, PE#124 Page 328, PE#125 Page 329, PE#127 Page 339	Learn to relax and to discharge trauma, develop an image of a safe place, change your memories of trauma, and reorganize how you view past traumas.