

Swinging of hands qi-gong

Patients who are weak and fragile usually find a swinging of hands exercise helpful. Stand with feet apart at shoulder width with toes holding onto the ground firmly and with knees slightly bending. Put both hands to the level of the shoulders in front. Let the hands drop naturally and then use some force to swing both hands to the back with knees bending more.

Keep a smile on the face and imagine the worries or unwanted energy leave the body through the fingertips. When patients start, they can perform 500 swings, and then gradually increase to 1,500 swings every day. Breathe naturally during the process. Patient can count while watching television or listening to radio. Physical strength builds up with this simple exercise.

