

Review of LST

AS TAUGHT BY LINDA SCOTSON

<https://www.lindascotson.co.uk>



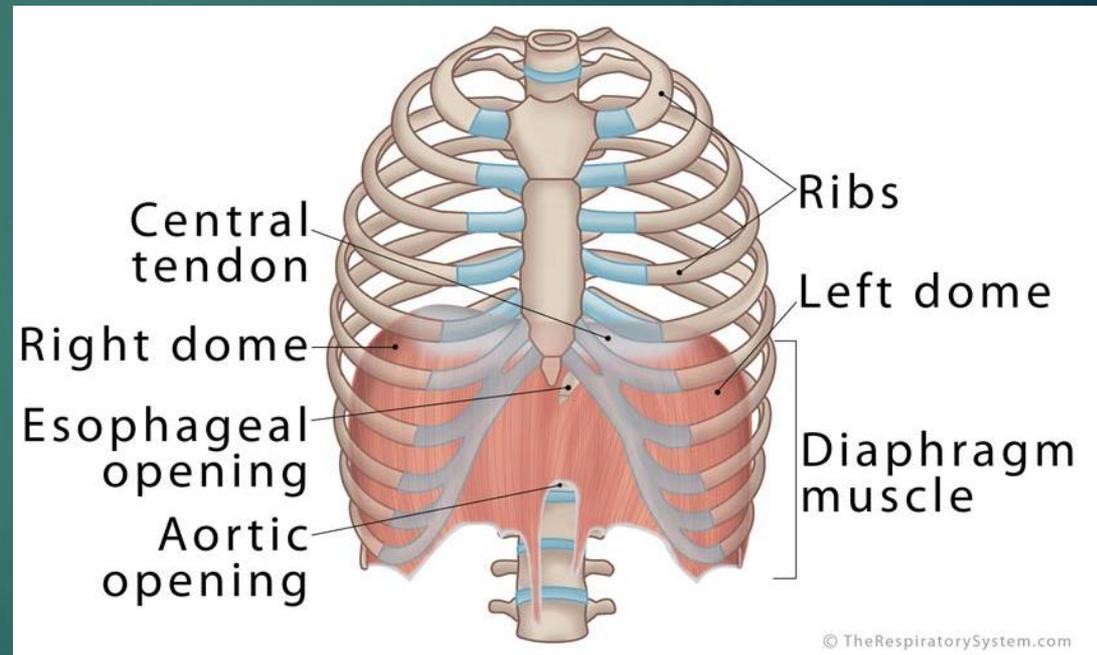
Diaphragm & Breathing

- ▶ The diaphragm is a muscle that plays complex respiratory, circulatory and postural roles so that improvement in diaphragm breathing may be reflected in positive changes in physical, mental and emotional health.
- ▶ Breathing quality influences oxygen delivery to both the brain and the body and this affects the vitality with which we engage in life.
- ▶ Our breathing may therefore have a profound influence on our quality of life, level of immunity, neurological health, and recovery time from physical & mental stress or illness.
- ▶ Non-diaphragmatic breathing can cause anxiety and disturbed emotional states affecting both mental and physical health and well-being.

Diaphragm Location

Wraps around inside the lower third of the ribcage both on the front and back

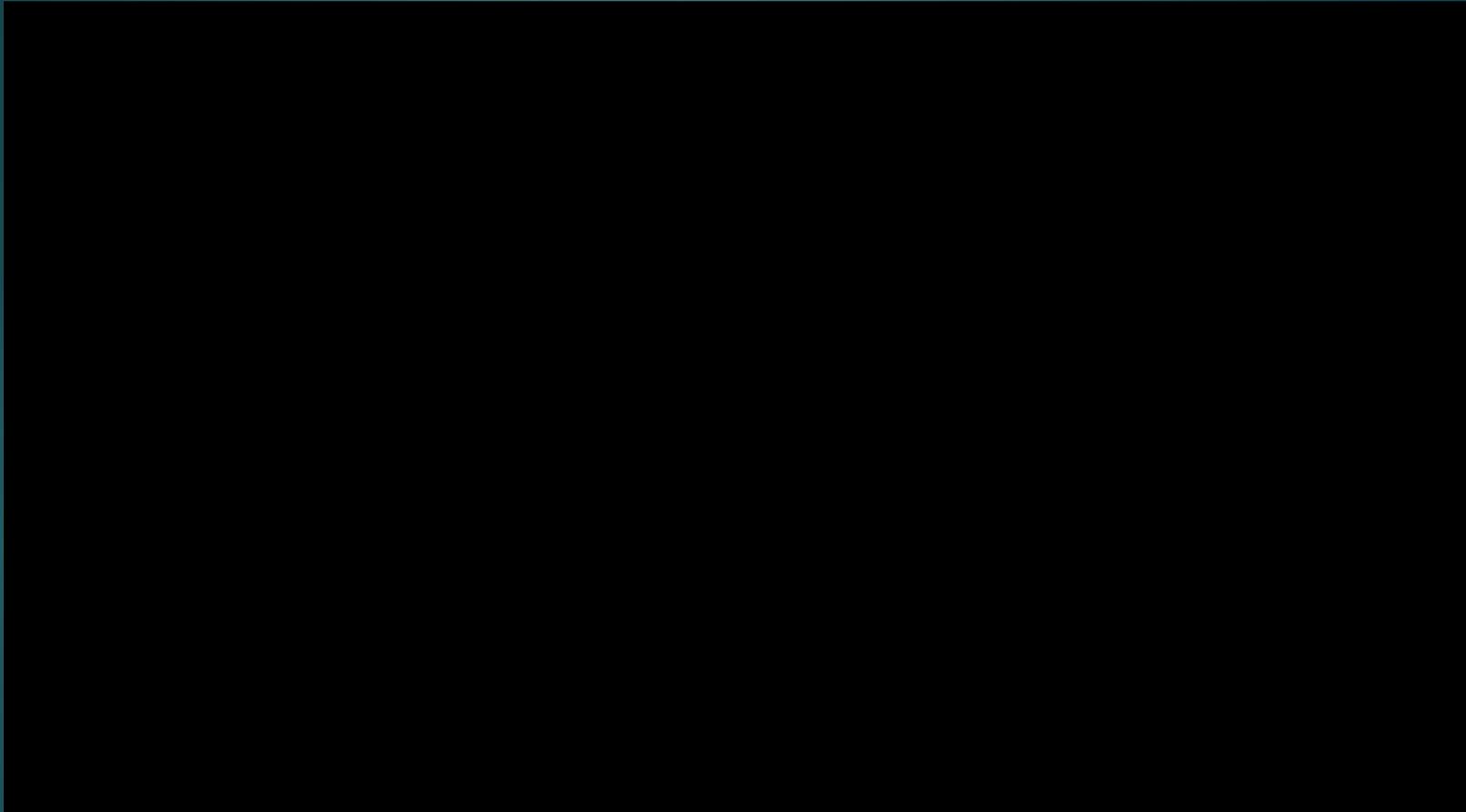
Stretches across the base of the sternum in the triangular area between the lower ribs



How LST Works

- ▶ LST teaches the application of very specific, light gentle pressures delivered across the lower rib cage designed to re energise the diaphragm. It does not involve physical exercise.
- ▶ LST pressures copy the effects of the internal pressures of breathing on diaphragm blood vessels, increasing blood flow to nerves and muscle fibres to enhance the diaphragm's functional abilities
- ▶ LST strengthens the diaphragm, making it more responsive to the body's complex oxygen needs. This, in turn, positively impacts other bodily systems so that they can work together to optimize our physical, mental and emotional health.

Doran's Journey with LST



<https://youtu.be/dd2qyHvarPc>

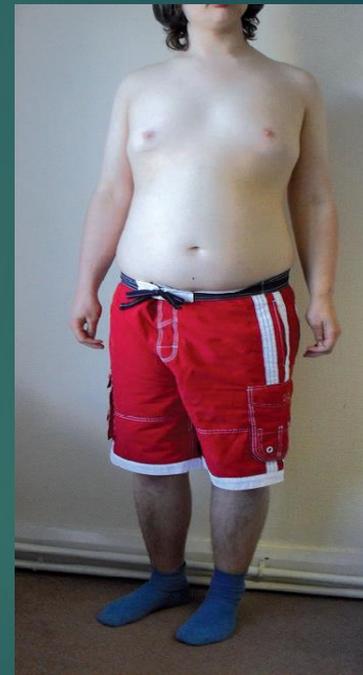
Before / After LST



Doran
Before LST



Doran
After LST
4 years later



May 2010
Before LST



Nov 2010
After LST

Diaphragm Exercises: Step-by-Step

1. Choose a relaxed position for LST and place hand(s) on small rolled towel/face cloth
2. Begin applying gentle descending pressure, originating from the shoulder/upper arm (not the hand/wrist) very slowly and evenly while counting 1-2-3-4-5-6 (roughly 8 seconds for the full count 1-6). The hand applying pressure should be held level and not 'see-saw'. Do not tilt the hand either towards fingers or wrist, hold it relaxed in a level plane.
3. Come back up slowly and evenly, while counting 1-2-3-4-5-6.
4. Have zero pressure applied on the towel/face cloth when you get to the top, just hover the hand above it (at this stage some exercises require 3 pauses, others have just a short pause)
5. Repeat steps 2-4
6. For maximum benefit, perform LST for 30 minutes daily, altogether or broken up into 5-10 minute segments



Diaphragm Exercises: Tips on Technique

➤ Position:

- Any relaxed position is workable. Laying down on your back/side or sitting up in a chair may provide maximum comfort and focus.
- When laying down, place a small pillow or rolled towel under the neck for comfort.

➤ Arm/Hand Movement:

- It is a continuous flowing movement down and up, not a targeted compression -- be sure not to move in steps as you count, which is a common mistake.
- The movement feels like you're gently pushing a leaf under the water and then slowly letting it come back up in a controlled way with even resistance on the way back up (which is the trickiest bit)
- Be mindful to generate the descending and ascending movement from your shoulder/upper arm, not your wrists or fingers, as this ensures even pressure.
- Keep your hand and fingers relaxed without tension/stress
- Re-roll the towel from time to time to maintain springiness/ air pockets

Practicing Movement on Kitchen Scale



- Apply approximately 200g (~7oz) of pressure evenly counting to 6 as you descend to the lowest point, come back up counting to 6 until 0g.
 - As you learn LST, practice the descent and ascent on a kitchen scale, ensuring the dial moves slowly and evenly in both directions.
 - This practice improves pressure quality, evenness and continuity of flow.
- ** Remember to calibrate the scale to zero with a towel on it before you start

Towel/Face Cloth Type

- ▶ The face cloth / small towel should ideally be approximately 30cm x 28cm (12" x 11") – no worries if it's not exactly this size
- ▶ The more fluff and spring it has the better, as it will bounce back nicely after each descent/ascent and provide a gentle caress on the diaphragm
- ▶ Roll it loosely with air pockets to maintain bounce



Correctly rolled loosely
with air pockets



Incorrectly rolled
too tightly

Towel/Face Cloth Folds

Short Fold: fold the towel/face cloth neatly in half lengthwise and loosely roll it so that it retains springiness / airiness and will bounce up after each movement.

Exercises: Central Diaphragm and Side Ribs



Long Fold: fold the towel/face cloth lengthwise loosely -- it will be flatter and slightly less springy than the short fold

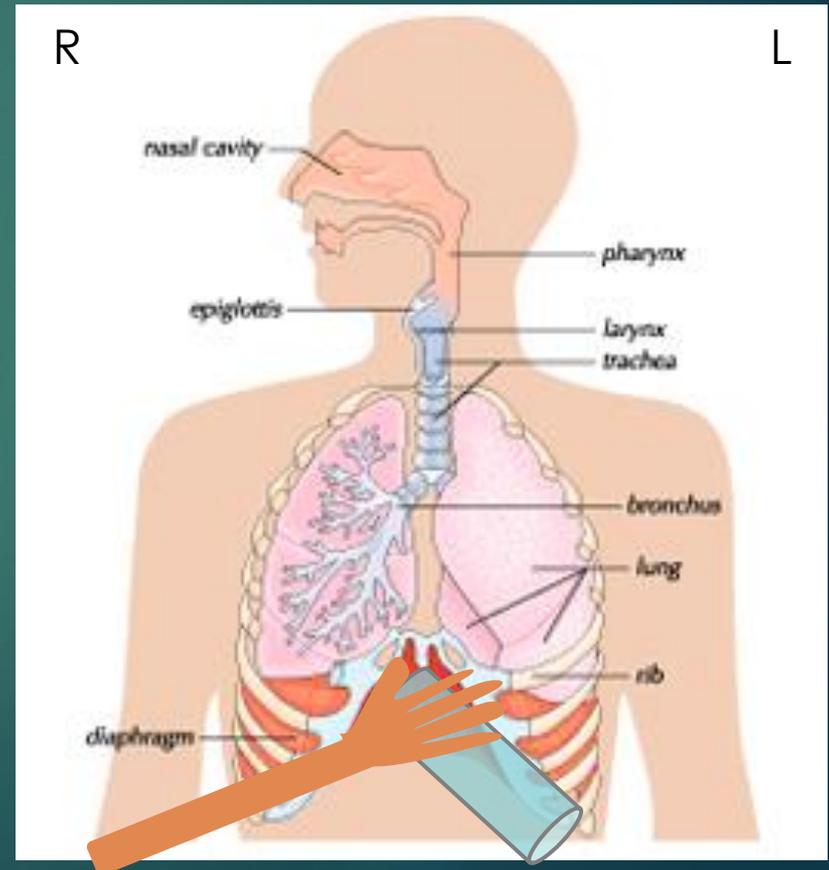
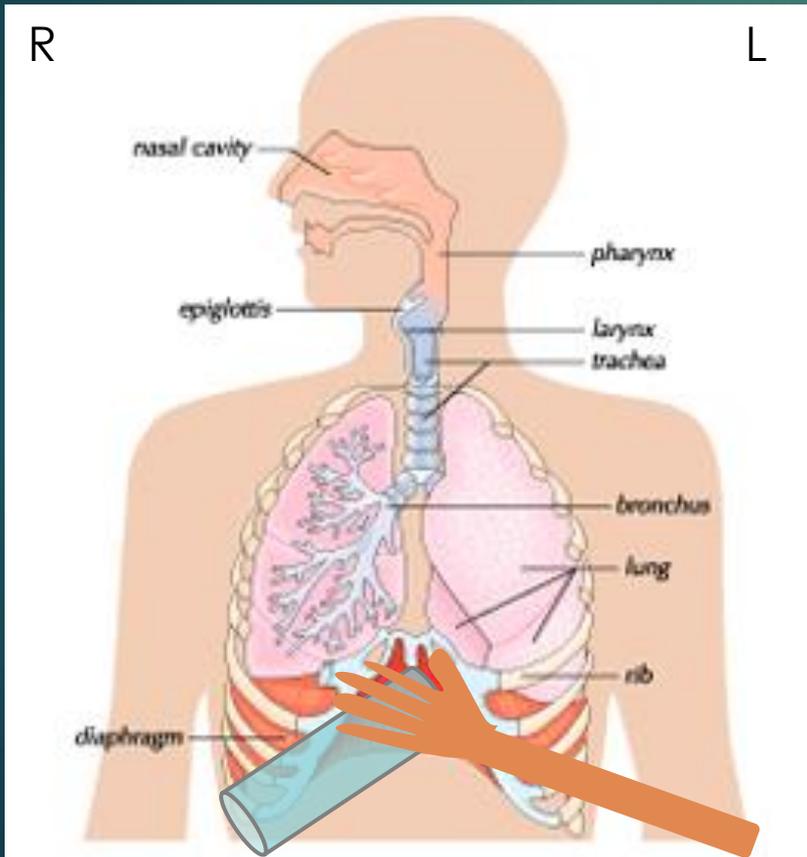
Exercises: Two Double-Rib Exercises using both hands

Position for Central Diaphragm

When using one hand

When using left hand, position towel starting just below sternum and along inside of right rib

When using right hand, position towel starting just below sternum and along inside of left rib

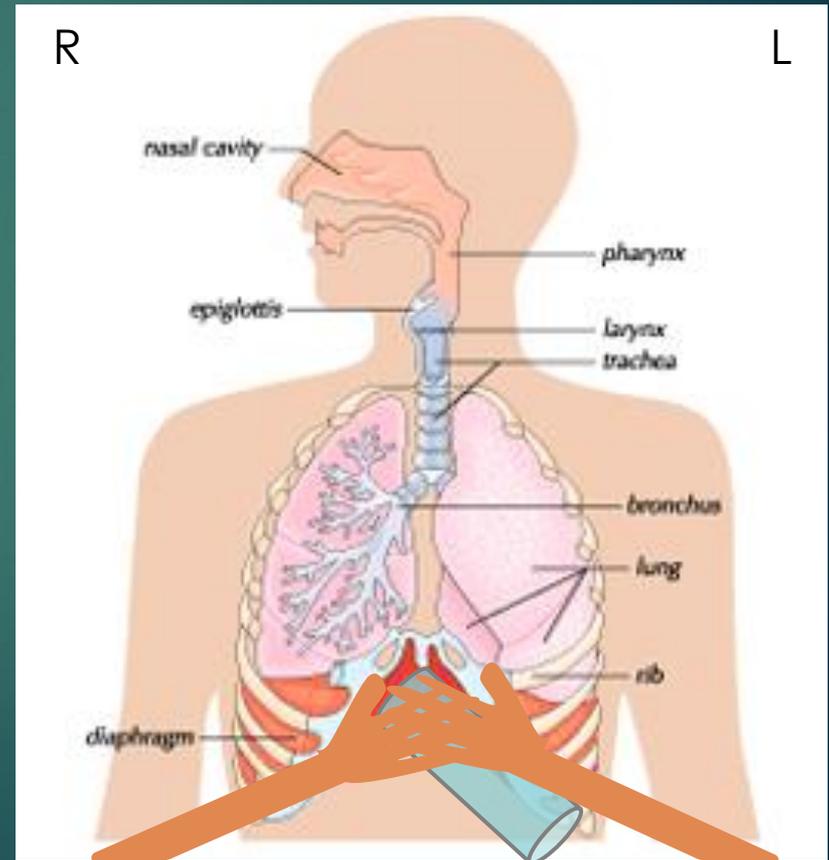
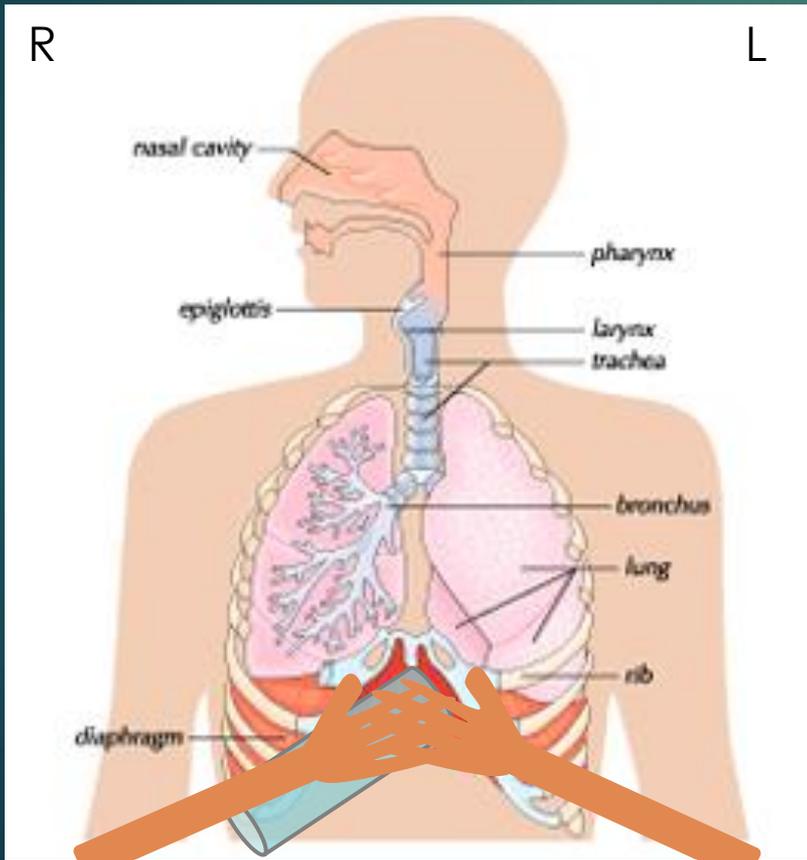


Position for Central Diaphragm

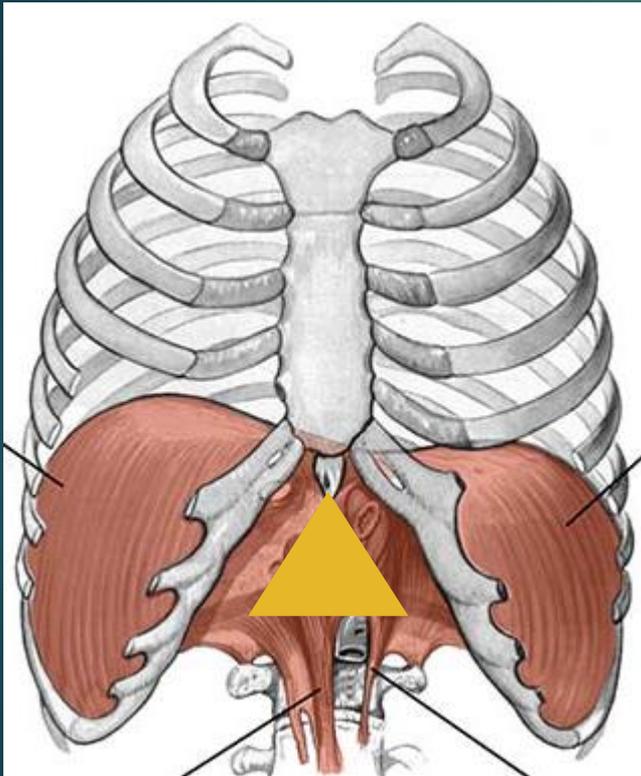
When using two hands on yourself

If the left hand is on top and right hand is touching the towel

If the right hand is on top and left hand is touching the towel



Central Diaphragm Exercise

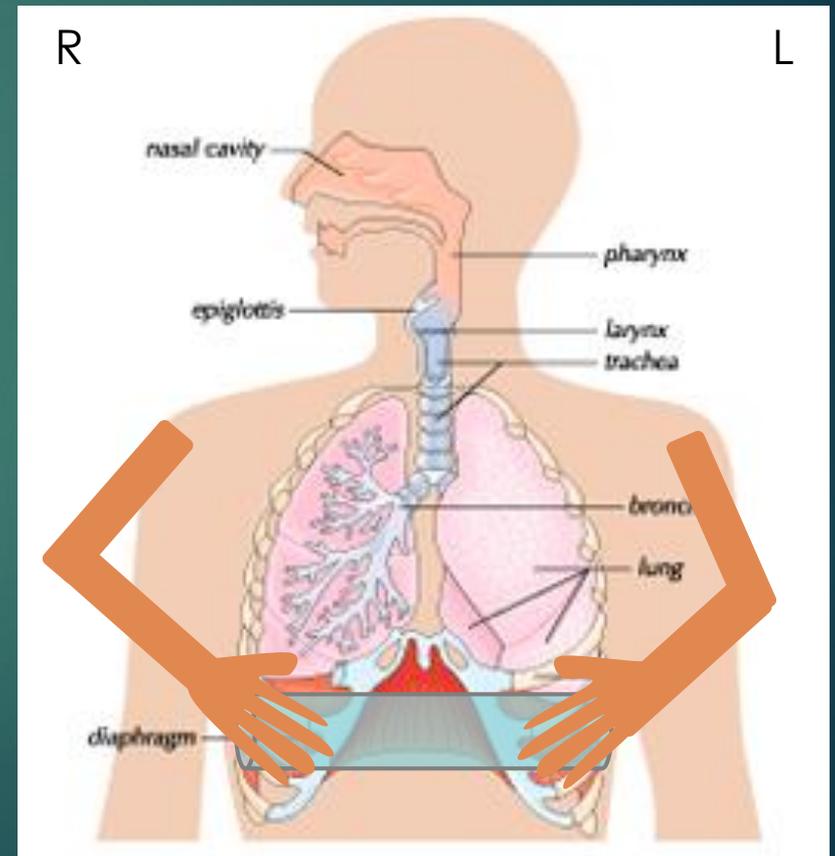
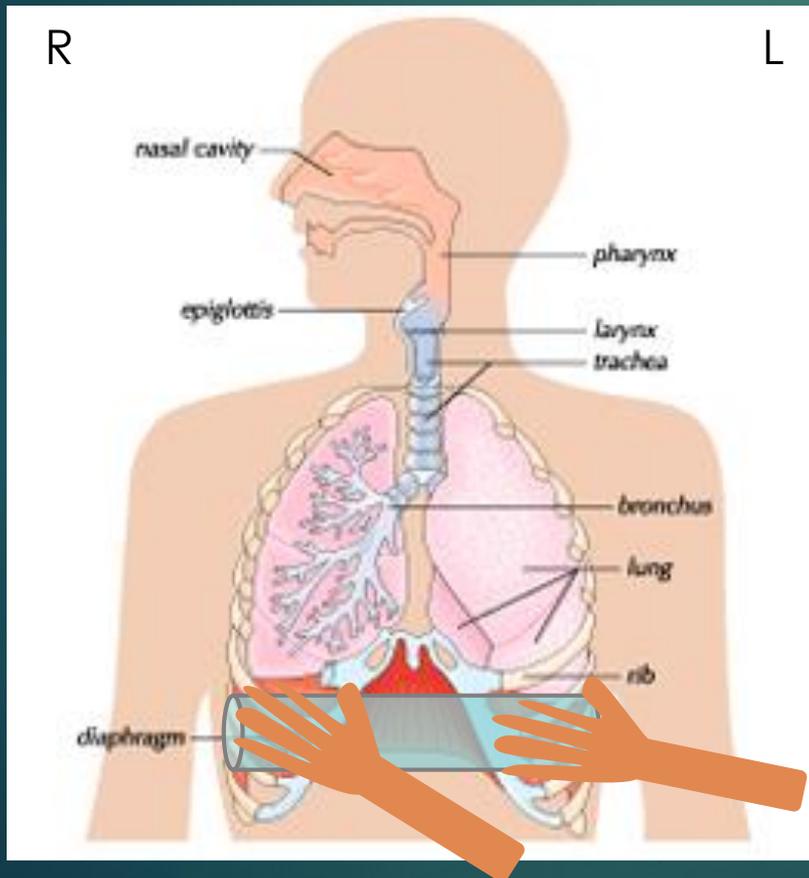


- ▶ Place the full base of your 4 fingers or your palm on the top end of the rolled towel as you descend/ascend
- ▶ If using two hands on yourself, the top hand should control the movement
- ▶ Apply gentle and even pressure originating from the shoulder/upper arm onto the triangular area below the sternum and between the ribs where there is a soft dip
- ▶ Count 6 to descend (8 seconds) and 6 as you ascend, then hover hand over towel taking 3 pauses before repeating

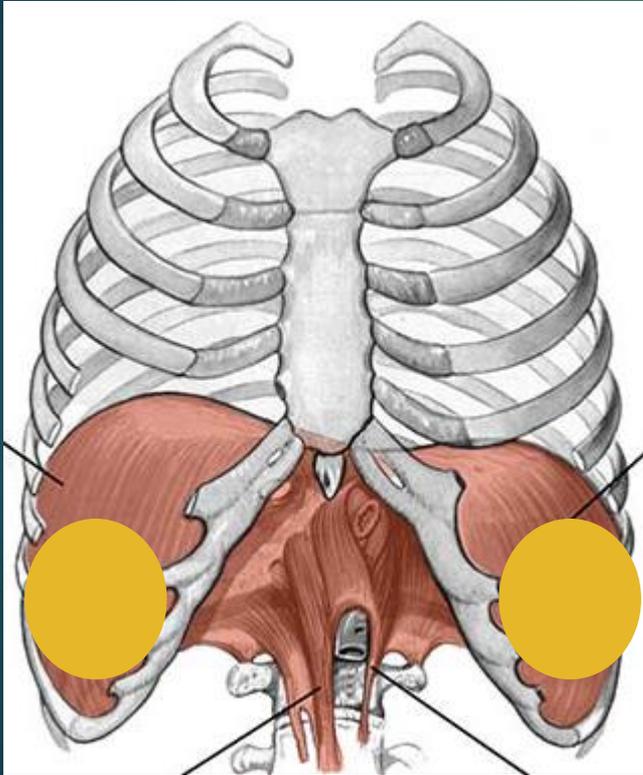
Position for Front Double Ribs

Hand position when performing this exercise on a partner if you're sitting to the right of them (do opposite on left)

Hand position when performing this exercise on yourself

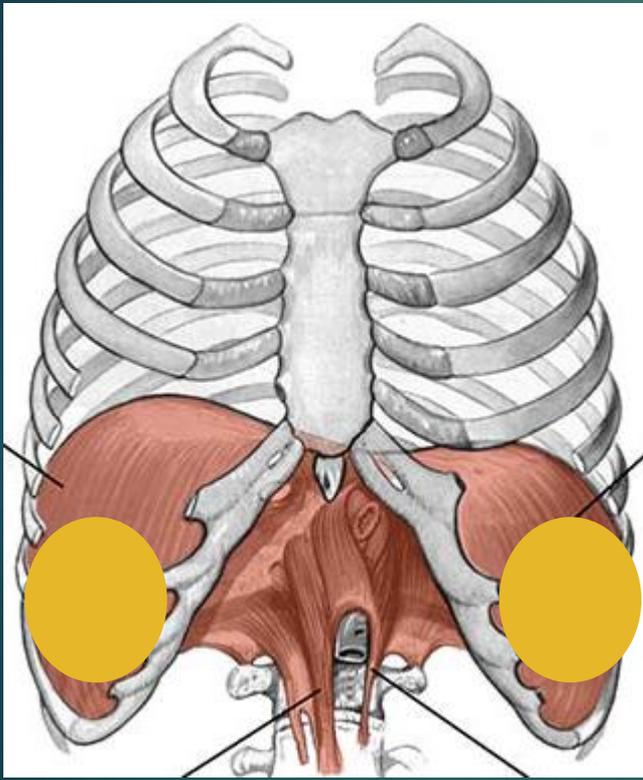


Front Double-Rib Exercise: Moving Together



- ▶ Place the full base of your 4 fingers or your palm on two ends of the rolled towel at the base of your ribs as you descend/ascend
- ▶ Apply gentle and even pressure through both arms together originating from the shoulder onto the base of your two ribs, ensuring they move in sync
- ▶ Count to 6 as you descend (8 seconds) and 6 to ascend, then hover hand over towel taking 3 pauses before repeating

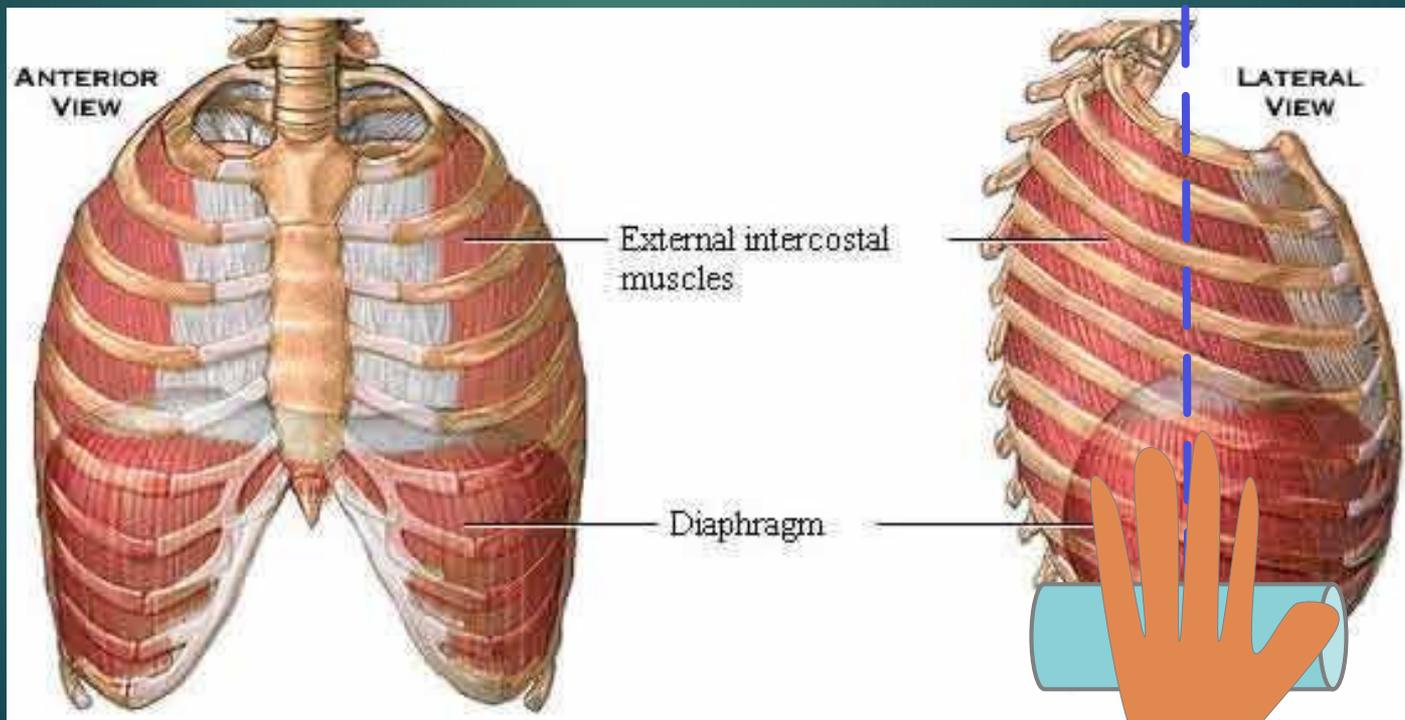
Front Double-Rib Exercise: Alternating / Side-to-Side



- ▶ Place the full base of your 4 fingers or your palm on the two ends of the rolled towel, centred on the base of each rib
- ▶ Apply gentle and even pressure from the shoulder through one side as you descend onto the base of the ribs counting to 6 (8 seconds)
- ▶ As you begin your ascent on the first side, slowly apply gentle and even pressure through the other side so that both hands move exactly opposite to each other simultaneously like a seesaw, counting to 6
- ▶ Each time you come up, hover hand briefly
- ▶ Following a brief pause, repeat the count to 6 as you descend with one hand while the other hand ascends simultaneously

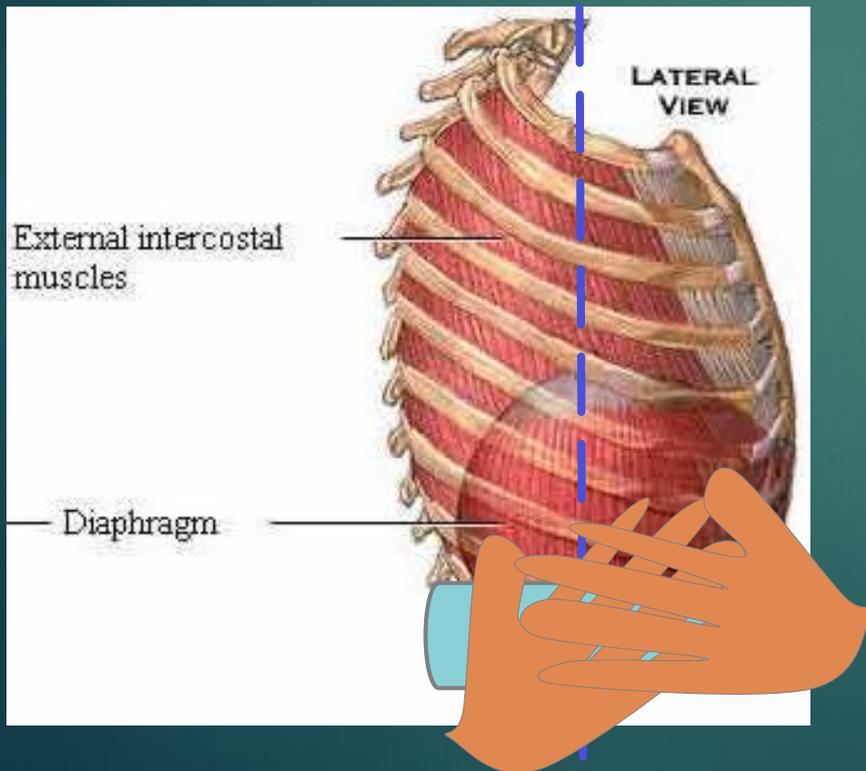
Position for Side Ribs – with partner

Lay on your side and position towel on the outer edge of left/right rib, exactly on the side line where front torso meets the back torso. The bottom of the towel lines up with the last rib and the rest of the towel sits above that point. Lower through the top of the palm/base of the fingers where your lowest knuckles are on the centre of the towel.

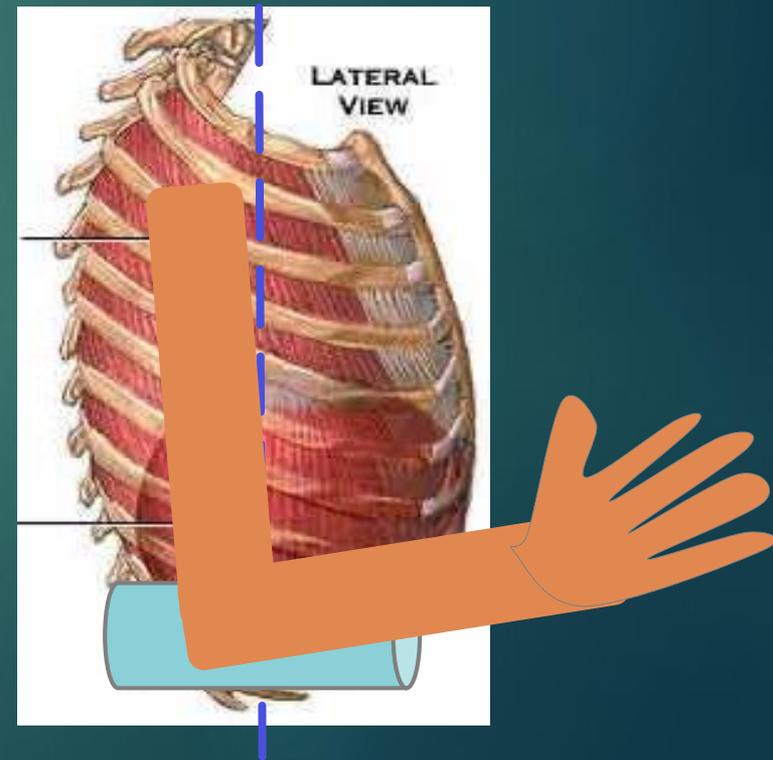


Position for Side Ribs – On Yourself

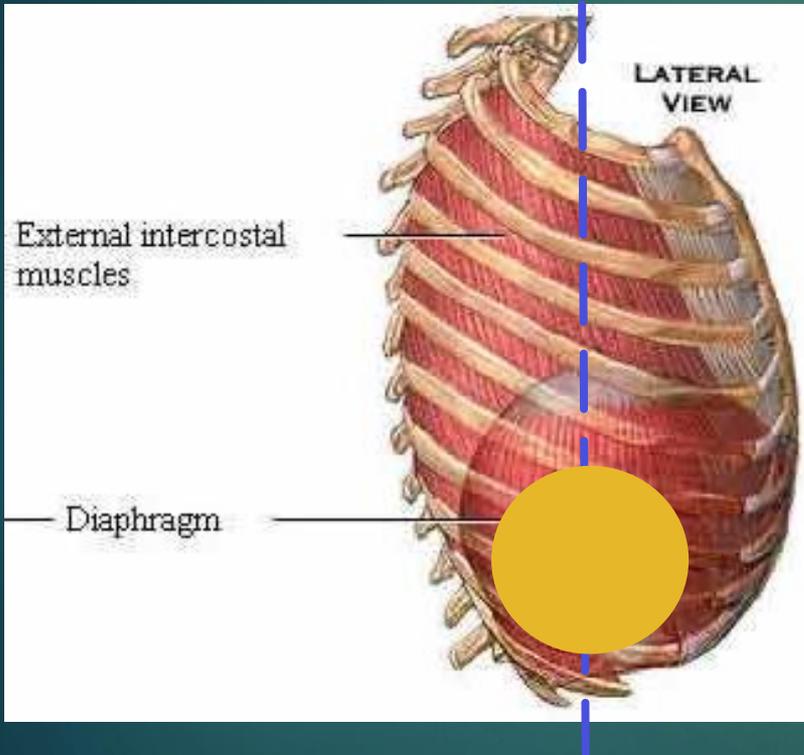
Lay on your side or sit upright. Position towel on the outer side of left/right rib, exactly on the line where front torso meets the back torso. Bottom of the towel lines up with the last rib with the towel resting above that point. You can move two palms together with the further hand on top OR use the inside edge of your elbow.



OR



Side Ribs Exercise



- ▶ Place your palms or inside of the elbow on the centre of the rolled towel as you descend and ascend
- ▶ Apply gentle and even pressure from your shoulder onto the base of your side rib
- ▶ Count 6 down (8 seconds) and 6 up, then hover hand/arm over towel taking 3 pauses before repeating
- ▶ Be sure to do equal time on both side ribs to support equal development of the diaphragm

Practice, Practice, Practice



- ▶ Benefits of LST directly correlate with daily practice.
- ▶ Linda recommends 30 minutes each day, which can be done together or broken up into smaller segments throughout the day.
- ▶ Initially, it's helpful to schedule LST exercises to develop a routine.
- ▶ Almost immediately, many experience a positive effect on sleep.
- ▶ Between 3-6 months most people see a difference in their posture (Linda recommends taking before pictures of your front and side profiles, and after 3-6 months to see your own progress).
- ▶ After 1 year, the diaphragm's strength and development becomes almost irreversible for a lifetime of benefit to your physical, mental and emotional health. Continued practice after 1 year will support your vitality.

Questions / More Information

For a personal evaluation with Linda Scotson, further LST training and to visit the Hyperbaric Oxygen Chambers, please visit her website, <https://www.lindascotson.co.uk> and contact the Advance Centre, where she is based:

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