

'Invitations' to encourage exploration of your tremors during TRE®

First, a few notes about adding Invitations to your tremoring:

- Listed below are just some ideas of postures or body positions (ie. 'Invitations') that you could try to see if your tremors want to move into the area being cued.
- It is best to build a 'baseline' of tremoring, such as in the Crook-lying position, for a couple minutes to build the tremoring intensity before trying these invitations.
- To avoid frustration, add only 1 Invitation at a time (ie. only 1 bullet point suggestion) and wait to see if it causes any changes over 30 seconds. The bullet points are not intended to be added sequentially as listed. If your tremors fade away or don't move into the cued region then let go of the Invitation and return to your previous tremoring. Try the same, or a different, Invitation again after 30 seconds of letting the tremors build up again.
- It is important to slowly and gently adjust your posture, as strongly held or quick movements tend to disrupt the tremoring pattern.
- It can take a reasonable amount of practice and patience to have your tremoring pattern change with these Invitations. Relaxing your body (and clearing your mind of expectations – ie. your ego's desires for where the tremors should be), as much as you can, will help encourage the tremors to change their pattern.



Inviting tremors into the pelvic/abdominal region and trunk:

- Posture: Crook-lying
 - Tilt the pelvis backwards to flatten the spine into the ground
 - Moving your feet a couple inches further away from your buttocks
 - Encourage both of your knees to sway side-to-side together as one
 - Position your body in the room so that your feet/toes push into a wall
- Posture: Hands and knees (aka quadruped)
 - Move onto your hands and knees with your hands directly under your shoulders and head dangling down to the ground. Invite the tremors by lightly pulling the groin towards the ribcage
- Posture: Lying on your stomach (aka prone)
 - Bend your knees so your lower legs are nearly vertical
 - From the above position, widen your knees and lightly cross your ankles



Inviting tremors into the chest and shoulders:

- Posture: Crook-lying
 - Place a pillow under your head. Place another small pillow or folded blanket under both shoulders to elevate them up towards the ceiling.
- Posture: Lying on your stomach
 - Place a pillow (folded in half) under your trunk (from shoulders to pelvis) and let your shoulders droop down. Place your hands a couple inches to the sides of your ears.

Inviting tremors into the quadriceps (ie. front of thighs):

- Posture: Crook-lying
 - Place a folded pillow under your knee(s)
 - Grasp behind one thigh with your hands so the knee points towards the ceiling. Slowly straighten the knee until it is nearly straight. Hold.
- Posture: Wall sit (ie. Exercise #6)
 - Build the tremoring into your legs by lowering yourself slightly further down the wall. As the tremors come on begin to move back up the wall until your knees are nearly straight.

Exercise #6



Inviting tremors into the hamstrings (ie. back of thighs):

- Posture: Lying on your stomach
 - Bend your knees so your lower legs are nearly vertical
- Posture: Forward fold (ie. Standing and bending forwards at the waist)
 - Ensure a slight knee bend, let your arms and head dangle down towards the floor, and then slowly straighten your knees to build the tremors.



Forward fold

Inviting tremors into the calves:

- Posture: Lying on your stomach
 - Bend your knees so your lower legs are nearly vertical. Point your toes more towards the ceiling. Hold.
- Posture: Wall sit (ie. Exercise #6)
 - Build the tremoring into your legs by lowering yourself slightly further down the wall. As the tremors come on begin to move back up the wall until your knees are nearly straight. Then, raise both heels off the ground 1-2cm.

Please get in touch (rainsford.physio@gmail.com) if you have any questions or would like Dale to help guide you while exploring your tremors with Invitations!

Acknowledgements:

Several of the ideas for the Invitations listed above come from the teaching I received when training to become a TRE® provider. I have been lucky to have been instructed by some great teachers, including Sarah Ronhovde and Joan McDonald.