

STRETCHING

THE BASIC STRETCH PROGRAM

STRETCHING IS MORE IMPORTANT THAN BRUSHING YOUR TEETH

Stretching is one of those things that we know we should do, but never find time to do! Well if you are reading this then you are most likely under care and getting a regular adjustment. But what can you do to help?

Stretching is perhaps one of **THE MOST IMPORTANT THINGS** you can do to help your Chiropractic care.

Unfortunately, most people stretch too little, and when they do, they do so too aggressively. The result: torn muscles, a sense of frustration, and generally more pain.

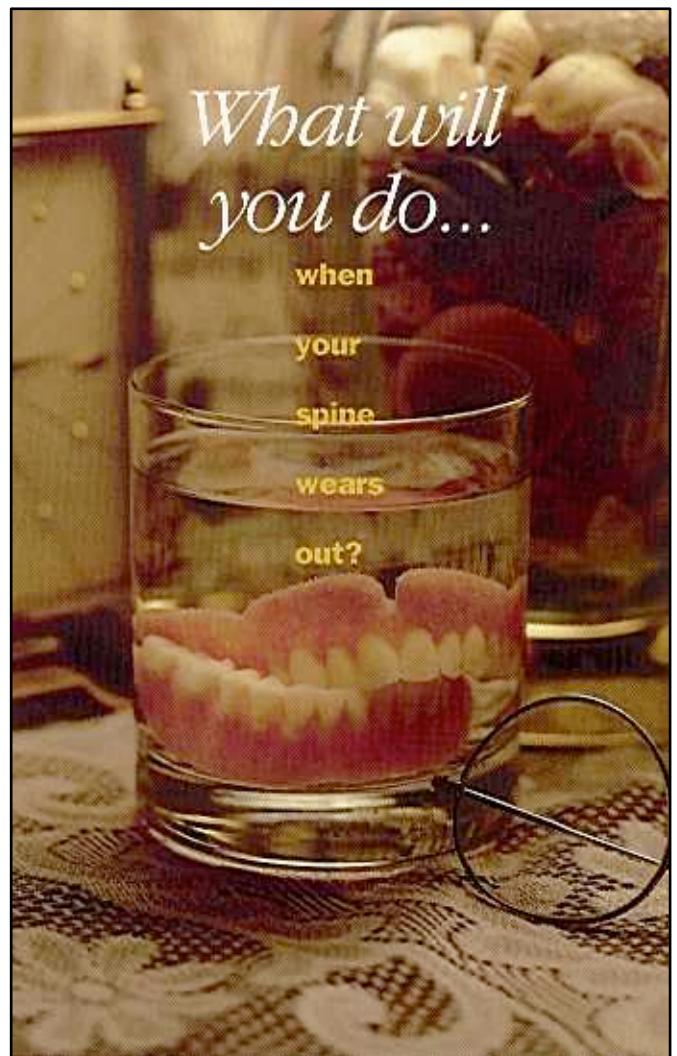
Stretching needs to become part of your life.

Elite athletes spend up to one hour a day stretching. The rest of us hardly spend any time stretching, and then wonder why things start to tear when we run to pick up a ball, or twist suddenly.

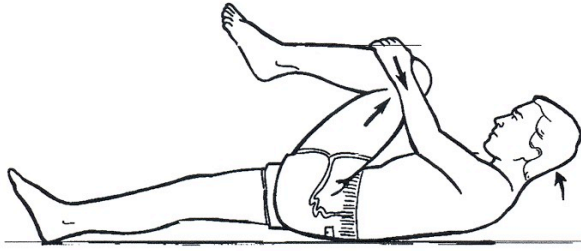
The more time you spend stretching the less likely you are to have injuries of your muscles and ligaments.

Stretching is just like brushing your teeth:

- Stretch every day – spinal hygiene is important.
- Don't push it too hard – the gums don't bleed, but you can tear a muscle.
- Make it part of your routine – do you only brush your teeth when they are sore?
- Stretching does not replace the Chiropractor – but enhances your Chiropractic care.
- Does not cost anything – but will save you money and reduce your pain.



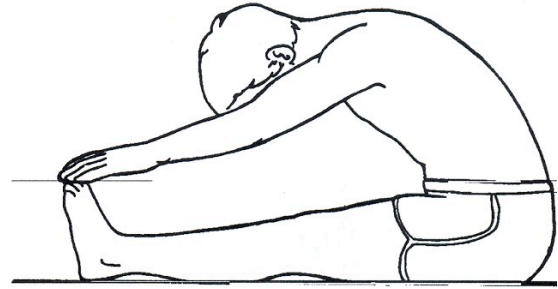
YOUR SPINE IS SIGNIFICANTLY MORE IMPORTANT THAN YOUR TEETH!!



Exercise 7 of 12

BACK FLEXION

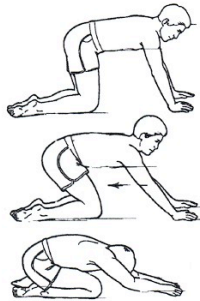
1. Lie on back
2. Pull one knee to chest
3. Hold for 5 seconds
4. 2 to 4 repetitions, 2 times per day
5. Repeat other side



Exercise 8 of 12

BACK FLEXION

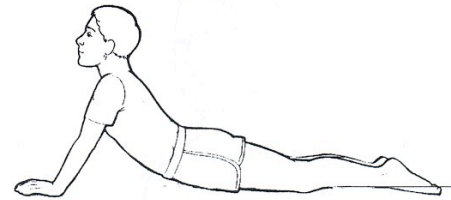
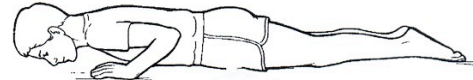
1. Sit on floor with legs straight
2. Reach hands toward feet as shown
3. Hold 5 seconds
4. 2 to 4 repetitions, 2 times per day



Exercise 9 of 12

BACK FLEXION

1. Assume hands and knees position
2. Bend knees to move buttocks toward heels as shown
3. Hold for 5 seconds
4. 2 to 4 repetitions, 2 times per day



Exercise 10 of 12

BACK EXTENSION

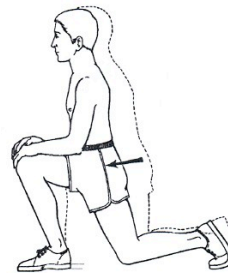
1. Assume position shown
2. Straighten arms to press trunk upward, letting hips sag toward floor
3. Hold 5 seconds
4. 2 to 4 repetitions, 2 times per day



Exercise 11 of 12

BACK SIDEBENDING

1. Place hands on hips as shown
2. Lean to the side until you feel a stretch
3. Hold for 5 seconds
4. 2 to 4 repetitions, 2 times per day
5. Repeat on other side



Exercise 12 of 12

PELVIC ROTATION

1. Assume position shown, with one knee on the floor
2. Gently lean your whole body forward, keeping your chest upright
3. Try to feel the stretch in the upper thigh and front of pelvis
3. Hold 5 seconds
4. 2 to 4 repetitions, 2 times per day



Exercise 1 of 12
NECK SIDE BENDING

1. Sit or stand with either arm behind back as shown
2. Keeping face forward, use other hand to bend neck the opposite direction
3. Hold for 10 seconds and repeat for other side
4. 5 repetitions, 2 times per day



Exercise 2 of 12
NECK FLEXION

1. Sit or stand with good posture
2. Bend neck forward as shown, using hand for assistance
3. Hold 5 seconds
4. 5 repetitions, 2 times per day



Exercise 3 of 12
NECK ROTATION

1. Sit or stand with good posture
2. Turn head to the left
3. Hold for 10 seconds and then turn to other side
4. 5 repetitions, 2 times per day



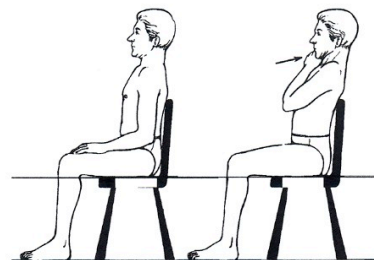
Exercise 4 of 12
NECK EXTENSION/SHOULDER STRETCH

1. Sit or stand with hands behind neck as shown
2. Bend neck and shoulders backward until a stretch is felt
3. Hold for 10 seconds
4. 5 repetitions, 2 times per day



Exercise 5 of 12
UPPER BACK SIDE BENDING

1. Sit or stand with hands clasped behind head as shown
2. Raise tip of either elbow upward as you move tip of other elbow downward
3. Bend without allowing hips to move so you feel a stretch in upper back
4. Hold for 10 seconds
5. 5 repetitions, 2 times per day



Exercise 6 of 12
AXIAL EXTENSION

1. Sit or stand with good posture
2. Tuck chin backward without tilting head up
3. Use hand on chin for extra stretch as needed
4. Hold 10 seconds
5. 2 to 4 repetitions, 2 times per day