

STRETCHES

As you begin care, it is important that you perform these simple but important stretches. While we are adjusting you to correct your spine, your muscles have to be retrained to hold this new correct position. Adjusting your spine to restore proper nerve signal is our role. **Your first job is to perform these stretches 2 to 3 times per day. Hold each stretch for ten to twelve seconds and repeat three times.**

Neck

Flexion



Tuck chin to chest and gently pull head further down, with both hands

Right flexion



Turn head to the right and then tuck chin to chest. Using the right hand gently stretch. This should isolate the left side of your spine.

Left flexion



Perform the same stretch now looking to the left and using left hand. Isolated stretch on the right side of neck.

Midback

Scapula Stretch



Stretch your hands out in front of you thumbs down and then cross one wrist on top of the other. Now grasp hands and stretch forward, drawing the shoulder blades out and away. Lower your hands to waist height and roll shoulders forward, to vary the stretch a little.

One Sided Scapula



Perform the same stretch as previous, but move hands to the left to isolate the right side and vice versa.

Spinal Twist (gently)



Start with legs straight in front of you. Place left foot beside the outside or right leg. Sit up straight, lengthening the spine, twist at the waist, looking behind you over your left shoulder and place the right arm on the outside of the left knee.

Gently stretch here. To focus on the mid back focus on keeping the right hip on the floor and extending the right hand (GENTLY!) You can also draw the knee toward your chest to focus on your piriformis and gluteals. Repeat to the other side.

Scapula press



Bring hands behind back and lace fingers together. Extend elbows until arms are straight, open shoulders and chest, pressing shoulder blades together.

Bruegger Posture Relief



This stretch is great for a break during work. Sit on a ball or the front of your chair. Feet shoulder width apart, flat on the floor. Spread arms out palm up, opening chest. Then lean your head back looking up at the ceiling. Take a few deep slow diaphragmatic breaths. Relax and repeat. Some may need to vary position by keeping head in neutral.

Hip Flexor Stretch



Stand with one foot in front of the other, extend back leg and bend front knee. Do not let the front knee go past the big toe. Lean into stretch moving pelvis forward. Do both sides.

Low Back

Both Knees to Chest



Lie on your back. Bring both knees into your chest and hold your knees. Take a few deep breaths relaxing your back and lengthening your spine.

Knee to shoulder & Opposite Shoulder



Same as the previous stretch but draw only one leg up toward the same shoulder. Repeat with the other leg. 2nd: Draw one leg toward the chest, across your body, toward the opposite shoulder. Repeat with the other leg.

Piriformis Stretch



Lying on your back, place your left ankle on top of your right knee. Then draw your right knee toward your chest. You should feel the stretch on the back of your leg. Repeat with the other leg.