

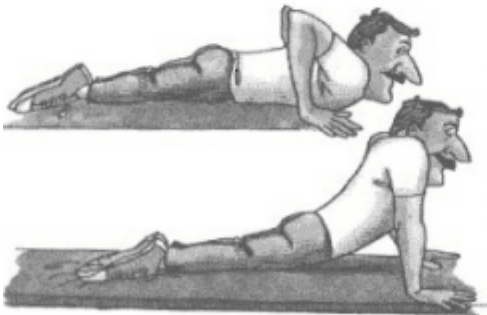
EXERCISES

Your chiropractor may recommend the exercises below, or offer additional ones, to stretch back and leg muscles that have become contracted and weakened. Strengthening the hip and stomach muscles that support the spine is also important. Relax and breathe deeply while you exercise; it doesn't have to be work. As your muscles stretch and strengthen, you will discover that these exercises become increasingly pleasant and soothing.



Back stretch:

Hold ___ seconds; do ___ times.
Bring your knees to your chest, keeping your neck and hips relaxed. Hold. Then rock forward and backward to include the buttocks and neck in the stretch.



Back extension:

Hold ___ seconds; do ___ times.
Lie as shown. Slowly push your upper body off the floor by straightening your arms. Breathe deeply and relax your pelvis so that it drops down into the stretch.



Side stretch:

Hold ___ seconds; do ___ times.
Stand with feet apart. Holding a towel overhead, stretch your arms up and to the side. Keep your hips still and facing front during the stretch. Switch sides.



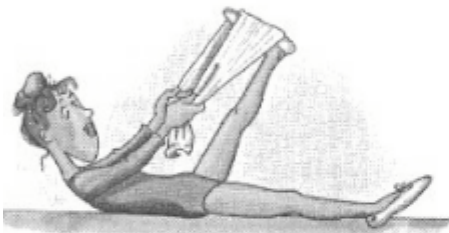
Low back stretch:

Hold ___ seconds; do ___ times.
Lie flat, with your hands at your sides, knees slightly bent and feet on the floor. Roll knees to side and back to center. Reverse to other side, keeping your back flat.



Groin stretch:

Hold ___ seconds, do ___ times.
 Sit with feet together with lower back and stomach lifting upward. Relax your hips and rotate them outward, gently pushing your knees toward the floor.



Hamstring stretch:

Hold ___ seconds, do ___ times.
 Lie on floor and loop a towel behind one foot, keeping your lower back straight. Raise the leg off the floor and stretch the hamstring. Switch legs.



Calf stretch:

Hold ___ seconds, do ___ times.
 Stand an arm's length away from a wall. Rock forward, bending the front knee while keeping the back knee straight. Switch legs.



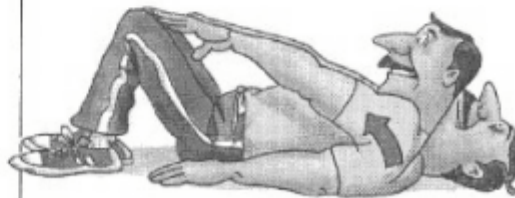
Groin stretch:

Hold ___ seconds, do ___ times.
 Kneel with one foot in front of you. Slowly shift your weight forward onto the front foot. You may want to steady yourself with one hand on the floor. Switch legs.



Quadriceps stretch:

Hold ___ seconds, do ___ times.
 Stand next to a wall for stability. Grasp your foot behind you with the opposite hand. Lift to stretch quadriceps. Switch legs.



Abdominal firming:

Hold ___ seconds, do ___ times.
 Lie with your knees bent. Tuck your chin to your chest and roll up slowly until your hands touch your knees. Slowly uncurl.