



1. Basic Neck Stretching:



A) 30 sec: Turn your head as far as you can to the right (without pain). Hold for 5 seconds. Repeat to the left. Repeat 3x each side



B) 30 sec: Lower your right ear as far as you can to your right shoulder (without pain). Hold for 5 seconds. Repeat to the left. Repeat 3x each side

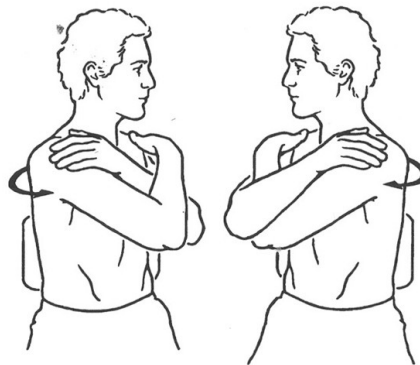


C) 30 sec: Extend your neck as far as you can (without pain). Hold for 5 seconds. Repeat 6x.

2. Basic Mid-Back Stretching:



A) 30 sec: Interlace fingers behind back then squeeze shoulder blades together, push chest out. Hold 5 sec, repeat 6x.



B) 30 sec: Rotate your trunk to the right, while hips remain facing forward. Hold 5 sec. Repeat to the left. Repeat 3x each side.



C) 30 sec: Reach arms overhead & interlace fingers. Stretch to the right side. Hold 5 sec. Repeat to the left. Repeat 3x each side.

3. Basic Low-Back Stretching:



A) 60 sec: Grasp your right knee and pull it into your chest. Hold 20 sec. Repeat for left. Then bring both knees into chest for 20sec.



B) 60 sec: Put a towel around your right foot, and use it to lift your right leg as high as you can. Hold for 30 sec. Repeat for left.



C) 60 sec: Start with your back parallel to the floor. Breathe in for 5 seconds as you drop your belly towards the floor. Breathe out for 5 seconds as you arch your back. Repeat 6x.

*All of these exercises are best performed daily. Please perform these exercises with care. Only stretch to your comfort levels. If any exercise causes pain or dizziness please stop and advise your Chiropractor.*