

Stretches and Exercises

Back Stretches

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BACK 1: Single Knee to Chest Stretch



Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee. Hold 30 seconds. Repeat 6 times on each side. Do twice daily.

BACK 3: Mid Back Stretch



Push chest toward floor, reaching forward as far as you can. Hold 30 seconds. Repeat 6 times. Do twice daily.

BACK 5: Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to one side. Hold 30 seconds. Repeat 6 times on each side. Do twice daily.

BACK 7: Forward Lean in Half-Kneeling.



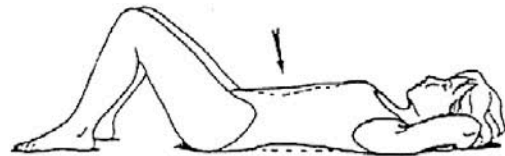
Tighten stomach muscles as you lean out over bent knee. Hold 30 seconds then return to starting position. Repeat 6 times. Do twice daily.

BACK 2: Double Knee to Chest Stretch



Pull both knees into chest until a comfortable stretch is felt in the lower back. Keep back relaxed. Hold 30 seconds. Repeat 6 times. Do twice daily.

BACK 4: Pelvic Tilt

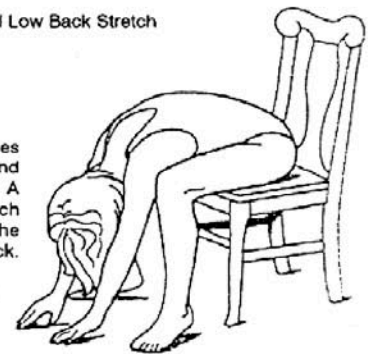


Flatten back by tightening stomach muscles and buttocks. Hold 30 seconds. Repeat 6 times. Do twice daily.

BACK 6: Seated Low Back Stretch

Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in the lower back.

Hold 30 seconds. Repeat 6 times. Do twice daily.



BACK 8: Active Hamstring Stretch



Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold 30 seconds. Repeat 6 times. Do twice daily.

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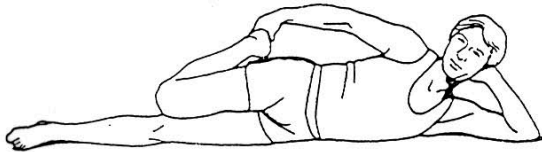
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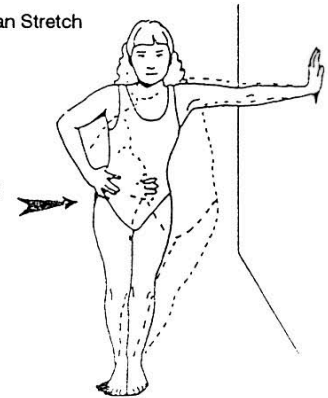
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BACK 9: Quadriceps Stretch



Pull heel in toward buttocks until a comfortable stretch is felt in front of thigh.
Hold 30 seconds. Repeat 6 times. Do twice daily.

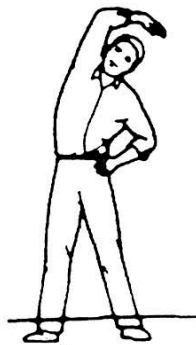
BACK 10: Wall Lean Stretch



With arm against wall, slowly stretch hips toward wall with other arm supporting trunk.

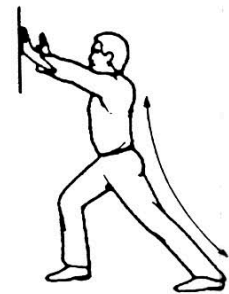
Hold 30 seconds.
Relax.
Repeat 6 times on each side.
Do twice daily.

BACK 11: Side Stretch



Slight bend in knees
"PELVIC TILT" (Flatten back),
push hips forward
DON'T twist
Hold 3-5 seconds REPEAT
3-10 times on each side.

BACK 12: Runners Stretch Stand



Hands ABOVE shoulder level.
PUSH against STABLE surface.
Heels flat on floor.
Hold 3-5 seconds, then switch feet.
Forward knee doesn't pass toes.

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