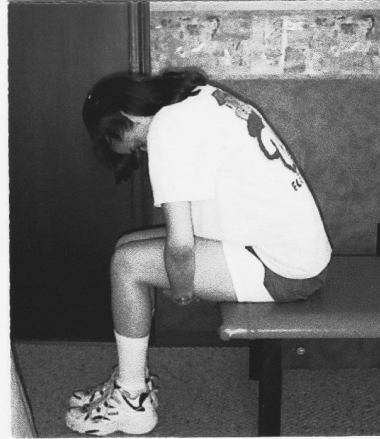


Mid-Back Stretches

Sitting Cat Stretch _____ times per day →

Sit on the edge of a chair. Lean forward, gently grasping behind the thigh. With chin tucked in, carefully arch back, pulling up on thighs, stretching mid-back between shoulder blades. Hold position for 15-30 seconds.



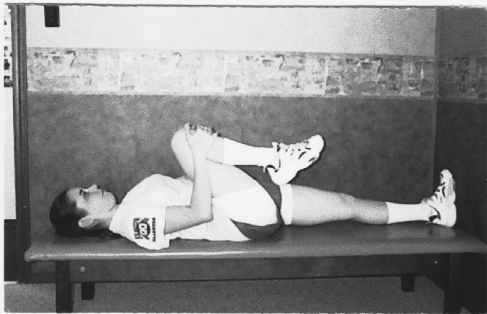
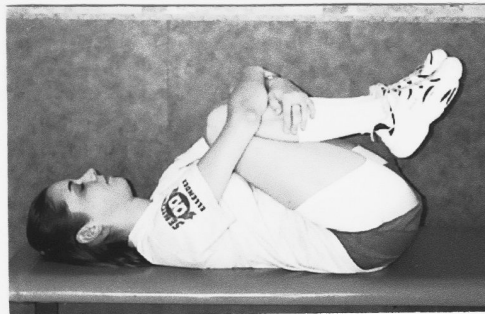
← Chest and Shoulder Stretch _____ times per day

Stand in doorway, place hands on door frame at shoulder level. Gently step into door frame, opening up chest and stretching the chest and shoulders, squeeze muscles between shoulder blades. Hold position for 15-30 seconds. **Note:** This stretch can also be done using the corner of a room.

Low Back Stretches

Double Knee to Chest → _____ times per day

Lying on your back, grasp both knees and pull both in towards your chest, tightening abdominal muscles while stretching the lower back. Hold for 15-30 seconds.

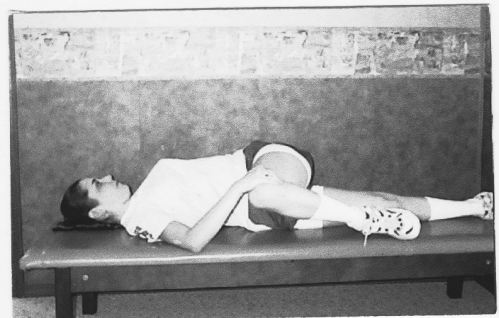


← Single Knee to Chest _____ times per day

Lying on your back with both legs straight out in front of you, grasp one leg and pull in to your chest. Hold for 15-30 seconds. Repeat on opposite side.

Low Back/Gluteal Stretch _____ times per day →

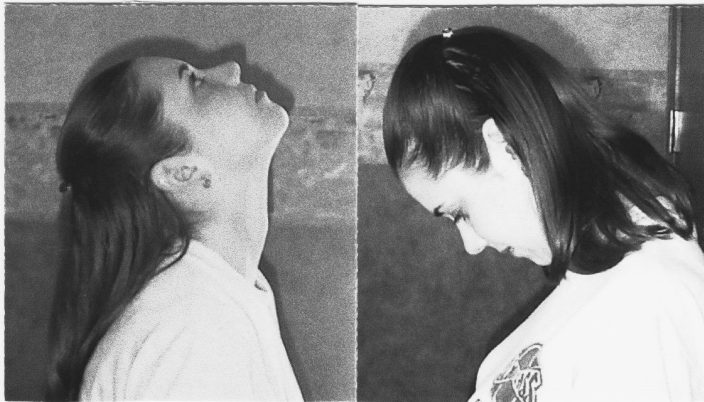
As an addition to the above stretch: gently bring the leg over to the other side, keeping both shoulders on the floor. Hold for 15-30 seconds. Repeat on opposite side.



Neck Stretches

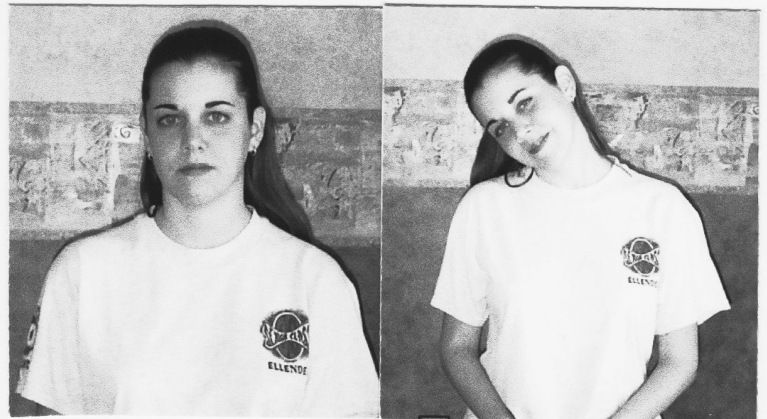
Head Turn _____ times per day →

Stand or sit erect. Keep back straight. Slowly turn head as far as possible to the right. Hold position for 15-30 seconds. Return to the normal position. Repeat this procedure to the opposite side.



← Chin Tuck and Lift _____ times per day

Stand or sit erect. Slowly lower chin, trying to touch chest. Hold position for 15-30 seconds. Slowly raise head back, looking up to the ceiling. Do not force or strain during this stretch. Hold position for 15-30 seconds. Return to normal position.



Lateral Tilt _____ times per day →

Stand or sit erect. Slowly bend head to the side, bringing the left ear to the left shoulder. Hold position for 15-30 seconds. Return to normal position and repeat to the opposite side.

Neck stretches can be done during a warm shower. Have warm water run over the muscles you are stretching at the time. (If you take baths, place a warm wash cloth on the area or use a cup to pour warm water over the neck muscles. If directed by Doctor, use ice after for 10 minutes.) **Always remember: stretch muscles to slight tension, never to severe pain.**

Notes:

A special thank you to Crystal Chaisson for modeling for the pictures.

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Touch For Health
A Wholistic Family Wellness Center
Dr. Amy Redmond Brown, Chiropractor & Wholistic Lifestyle Coach