

Stretching & Exercise Reconstructive Program Stretches

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Cervical Spine 1 - Neck Flexion

Bend head forward,
Return to starting
position.

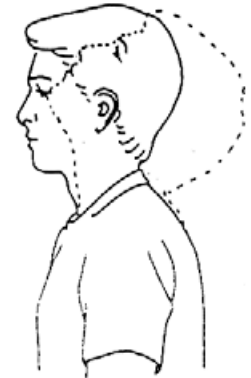
Hold 30 seconds.
Do twice daily.



Cervical Spine 2 - Neck Extension

Bend head backward,
And return to starting
position.

Hold 30 seconds.
Do twice daily.



Cervical Spine 3 - Neck Rotation

Turn head slowly to look
over left shoulder, then
turn to look over right
shoulder.

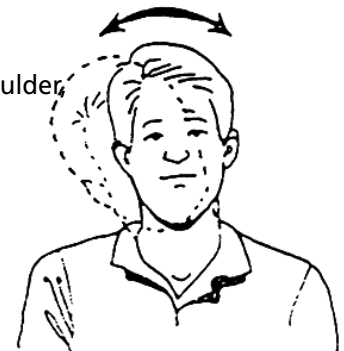
Hold 30 seconds.
Do twice daily.



Cervical Spine 4 - Neck Lateral Flexion

Tilt head toward shoulder,
then slowly toward
opposite shoulder.

Hold 30 seconds.
Do twice daily.



Back 1 - Single Knee to Chest Stretch



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

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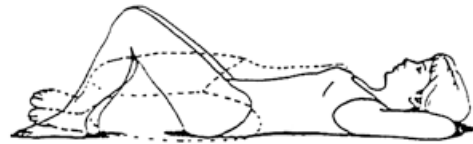
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Back 3 - Mid Back Stretch



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

Back 4 - Lower Trunk Rotation Stretch



Keeping back flat & feet together, rotate knees to one side. Hold 30 seconds. Repeat on other side.
Do twice daily.

Hip & Knee 1 - Quadriceps Stretch



Pull heel in towards buttocks until a comfortable stretch is felt in front of thigh. Hold for 30 seconds.
Repeat with other leg. Do twice daily.

Hip & Knee 2 - Hamstring Wall Stretch

Lying on floor with involved leg on wall & other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.



Repeat with other leg.
Do twice daily.

Hip & Knee 3 - Inner Thigh/Groin Stretch

Place heels together & pull feet toward groin until a stretch is felt in groin & inner thigh.

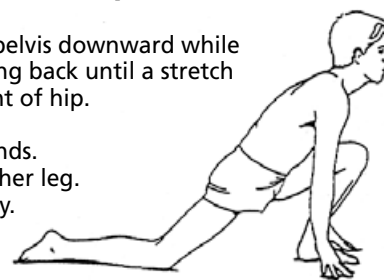
Hold 30 seconds.
Do twice daily.



Hip & Knee 4 - Hip Flexor Stretch

Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.

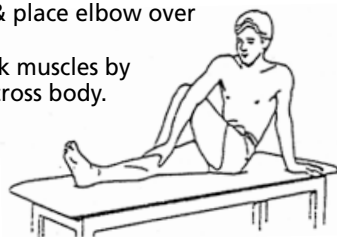
Hold 30 seconds.
Repeat on other leg.
Do twice daily.



Hip & Knee 5 - Piriformis Stretch

Cross leg over thigh & place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold 30 seconds.
Repeat other side.
Do twice daily.



Hip & Knee 6 - Tensor Stretch

Cross left leg over the right then lean to the left until a stretch is felt over the outside of the hip.

Hold 30 seconds.
Repeat with right leg.
Do twice daily.

