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# spinal exercise therapy: a

prepared for. \_\_\_\_\_

date. \_\_\_\_\_

note.

If there is pain during or immediately after exercise, discontinue and report your symptoms to your doctor.

These spinal exercises have been especially selected and prepared for you. When accompanied by chiropractic adjustments, they will assist the doctor in the correction of your spinal distortion and postural faults and prevent the recurrence of your pain. For maximum benefit, exercise twice daily to tolerance (until tired). Each day strive to increase the number of repetitions.



## 1 cat back

Assume kneeling position, resting on your hands and knees. Allow your spine to sag. Then reverse by arching back up like a cat as high as possible. Strain to hold this position for a few seconds. It often helps to raise your head as in (a) and lower as in (b).



## 2 rock & roll

Lie on your back. Flex your knees upward to your chest and hold knees firmly with hands and arms. Roll backwards toward shoulders, flexing spine to maximum. Hold this position briefly, then roll back to starting position. This will become one smooth movement by using body momentum. Do this exercise on a thick pad or rug. Use an extra thick pad if there is any pain at sensitive areas of the spine.



## 3 pelvic flexion

Lie on your back, both knees flexed; arch your lower back up slightly. Rock your pelvis back. Tighten your stomach muscles, while tightening your seat muscles at the same time. If you do this correctly, the small of the back will be pressed against the floor. Once you have succeeded, hold the muscles tight for two seconds, then let go.

## 4 hamstring stretch

Lie on your back, both knees flexed, arms at sides. Bring one knee up towards your face as far as you can, then straighten your leg in the air. As you do this, you should feel a pull at the back of your thigh. Lower your leg slowly to the floor and return to the starting position. Be sure to relax before repeating the movement with the other knee.



## 5 quadriceps stretch

While lying face down, bend your knee, then grasp your foot, pulling toward your buttocks. Repeat with the opposite leg. You should feel a strong stretch on the front of your thigh.

