
spinal exercise therapy: c

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

sit ups

Lie on your back with your knees fixed. Tuck your feet under some heavy furniture. Sit up by raising your head first, then your chest, and finally the lower spine. Curl up slowly, then lower yourself gradually. Do not sit up by jerking your weight up. Start by having your hands at your sides. Later, cross them over your stomach. Still later, when you are stronger, bring your crossed arms up to your chest, and finally behind your head and neck.

2

back up prone

Lie on your stomach with a large firm roll (e.g. sleeping bag tightly rolled and tied) under your hips so that your pelvis is raised 6" - 8" from the floor. Anchor your feet under a heavy piece of furniture. Keep your hands at your sides. Raise your back until it is straight in line with your legs, but do not arch backward.

3

double leg raise

Lie prone with a firm roll (e.g. sleeping bag tightly rolled and tied) under your waist. Anchor your hands by holding onto heavy furniture (e.g. the legs of a chesterfield). Raise both legs together, lower, rest, repeat.

hamstring stretch

4

Place your foot on a chair and reach for your toes. You will feel a stretch at the back of your thigh. Hold this position for a few seconds. Relax and repeat. Strive to reach further each time. Try to keep your back straight.



5

quadriceps stretch

While standing facing a wall, bend your knee, grasp your foot, and pull it up to your buttock, then move your knee away from the wall. Keep your body and pelvis tightly against the wall. You should feel a sharp stretch at the front of your thigh. Strive to stretch further each time.

