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# spinal exercise therapy: b

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

abdominal

Lie on the floor, your knees flexed, hands loose by your side. Raise your head and shoulders off the floor, lower slowly, relax. You will feel your abdominal muscles contracting.



2

knee kiss

Lie on your back with your knees flexed. Raise your right shoulder and your right knee at the same time and try to make them meet. Return to the starting position and repeat with your left shoulder and your left knee.



3

single arm raise

Lie on the floor on your stomach with a large firm roll (e.g. a sleeping bag tightly rolled and tied) under your hips. Raise your right arm and shoulder, lower, relax. Alternate sides.

single leg raise

4

Lie on your stomach with a large firm roll (e.g. a sleeping bag tightly rolled and tied) under your **waist**. Raise one leg at a time, lower, rest. Alternate sides.



quadriceps stretch

5

While standing and facing a wall, bend your knee, grasp your foot, and pull it up to your buttock. You should feel a sharp stretch at the front of your thigh.

