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# spinal exercise therapy: d

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 manual stretch of hip flexors

This exercise is done with the help of another person. Lie on your back on a table so that your left leg can hang freely over the edge. Hold your right knee firmly against your chest. Keep the small of your back flat against the table. Ask your helper to press against your left leg with short downward thrusts 10-20 times. Now switch legs and repeat.



## 2 kneeling hip flexor stretch

Kneel as shown in diagram with your spine straight up and down. Move your body forward while keeping your back straight. You will feel a stretch at your hip. To increase the stretch, move your forward foot ahead.



## 3 fencer's stretch

Place your left foot forward with a bent knee. Now turn your left foot slightly so that your toes point to the right. Stretch your right leg out straight behind you with your foot pointing straight ahead. Your heel will be off the floor. Hold your spine erect but bend backward at the waist slightly. To help balance place your hands on your thigh and hip as shown. Now bounce your upper body backward until a stretching pull is felt at the groin. Do 10 to 20 bounces, then change legs and repeat. To increase stretch, start with front foot more forward.

