





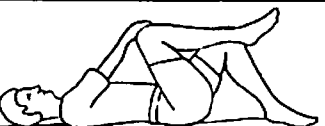






CHIROPRACTIC HOME EXERCISE PROGRAM - (CONTINUED)

- If you have moderate to severe pain or are lacking a great deal of motion, start with Phase 1 exercises.
- If you have mild to moderate pain or have some limitations in motion, advance to Phase 2. *(Perform Phase 1 and 2.)*
- If you have mild pain without any motion limitations, advance to Phase 3. *(Perform Phases 1, 2, and 3 exercises.)*
- If you experience pain or soreness that persists for more than two hours following exercising, regress to the previous phase of exercises for a few days. Advance when pain/discomfort has subsided.
- Perform these exercises every day, 2-3 times per day.

LUMBAR EXERCISES

PHASE 1		Lie on back with both legs straight. Lift one leg to chest. Hold 30 seconds. Repeat on other side.
PHASE 1		Lie on back. Bring both legs up to chest. Hold 30 seconds.
PHASE 1		Lie on back with knees bent and together. Slowly rotate legs side to side in a pain free range of motion. Repeat 10 times.
PHASE 2		Lie on back with legs straight. Bring one knee up and hold behind knee. Slowly raise foot toward ceiling. Hold 30 seconds. Now move ankle back and forth.
PHASE 2		Lie with both knees bent. Tighten abdominals and buttocks and press lower back into surface. Hold 5 seconds. Repeat 10 times.
PHASE 2		Lie with both knees bent. Lift buttocks off surface. Hold 5 seconds. Repeat 10 times.
PHASE 3		Lie with knees bent. Push right hand into right knee and meet resistance. Hold 5 seconds. Repeat 10 times. Also perform this exercise on the left side. **You can also push your hand into the opposite knee. (ie. Right hand into left knee)
PHASE 3		Lie with knees bent. Bring one knee up to position while keeping low back pressed into surface. Hold 5 seconds. Switch legs. Perform 10 times.
PHASE 3		Lie on your stomach. Raise body up onto elbows and toes as shown. Hold 15-30 seconds. Repeat 5 times. **Easier = Raise body up on elbows and knees. Harder = Extend arms.

POSTURAL EXERCISES




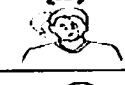

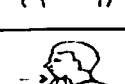



	Position yourself against a wall. Make sure the back of your head is touching the wall, but <i>keep your chin level</i> . Press both shoulders into the wall. Now keeping yourself in this position, slowly take one step away from the wall. This is good posture! Try and hold this posture as long as you can.
	To help improve your posture when you are in a sitting position, place a rolled up towel behind your low back. This will help your pelvis tilt forward which will help bring your shoulders back in better alignment. Even though the towel roll will help attain the correct position, remember that you are still the one that needs to try to sit with proper posture!

CHIROPRACTIC HOME EXERCISE PROGRAM

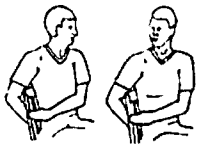
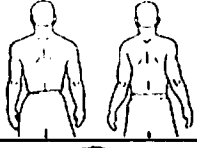


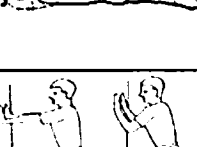


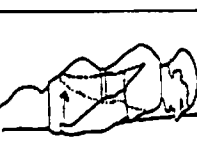
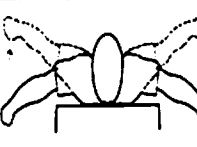
The following exercises are provided to enhance your chiropractic care by restoring range of motion and strengthening stabilizing spinal muscles. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- The programs are designed in phases and arranged according to spinal levels. Phase 1 focuses on range of motion. Phase 2 is an intermediate phase. Phase 3 focuses on stabilization. Start by performing the exercises located under the spinal level where your number one complaint of pain is located.
- If you have moderate to severe pain or are lacking a great deal of motion, start with Phase 1 exercises.
- If you have mild to moderate pain or some limitations in motion, advance to Phase 2. *(Perform both Phase 1 and 2.)*
- If you have mild pain without any motion limitations, advance to Phase 3. *(Perform Phase 1, 2, and 3 exercises.)*
- If you experience pain or soreness that persists for more than two hours following exercising, regress to the previous phase of exercises for a few days. Advance when pain/discomfort has subsided.
- Perform these exercises every day, 2-3 times per day.

CERVICAL EXERCISES

PHASE 1		Look forward. Bend your head forward, bring chin toward your chest. Hold and count to 5. Repeat 10 times.
PHASE 1		Look forward. Bend your head back, look toward ceiling. Hold and count to 5. Repeat 10 times.
PHASE 1		Look forward. Slowly look to the right. Hold and count to 5. Repeat 10 times. Repeat steps looking to the left.
PHASE 2		Look forward. Tilt your head so that your ear moves toward your shoulder. Hold for 30 seconds. Repeat other side.
PHASE 2		Turn head and look in the direction of your armpit. Hold for 30 seconds. Repeat on the other side. For an aggressive stretch, place hand on the top of your head and gently pull.
PHASE 2		Look forward. Retract head back keeping chin and eyes level. Hold for 5 seconds. Repeat 10 times. <i>(Also for Posture)</i>
PHASE 3		Place palm against forehead. Gently push forehead into your palm. Hold for 5 seconds. Repeat 10 times.
PHASE 3		Place palm behind your head. Gently press back of your head into your palm. Hold for 5 seconds. Repeat 10xs.
PHASE 3		Place palm at the side of your temple. Gently push head into your palm. Hold for 5 seconds. Repeat 10 times.

THORACIC EXERCISES

PHASE 1		Sitting, reach across your body toward the opposite side of the chair. Hold 10 seconds. Repeat 10 times. **Perform both directions.
PHASE 1		Press/squeeze shoulder blades together. Hold 5 seconds. Repeat 10 times.
PHASE 1		Shrug shoulders up toward ears. Hold 5 seconds. Repeat 10 times.
PHASE 2		Lie down with arms behind head and elbows out. Push elbows down into the surface. Hold 5 seconds. Repeat 10 times. **If elbows do not touch the surface, place pillow or towel underneath elbows. (Also for Posture)
PHASE 2		Stand arm's length from a wall with arms shoulder length apart. Press body into wall as if you are doing a push up. Hold 5 seconds. Repeat 10 times.
PHASE 2		Lie down with arm extended toward ceiling. Keep elbow straight and punch up toward ceiling. Hold 5 seconds. Repeat 10 times. **Add light weights when able.
PHASE 2		Lie on stomach, arms at side. Lift arms up. Hold 5 seconds. Repeat 10 times. **Add light weights when able.
PHASE 2		Lie on stomach, arms out to side. Lift arms up – squeeze between shoulder blades. Hold 5 seconds. Repeat 10 times. **Add light weights when able.
PHASE 2		Lie on stomach, arms out straight above head, with thumbs up toward ceiling. Lift arms up from the floor. Hold 5 seconds. Repeat 10 times. **Add light weights when able.

MORE EXERCISES INCLUDED ON BACK SIDE →

Helpful Hints

Learn and practice good posture and body mechanics. A straight, properly aligned back avoids unnecessary wear and tear.

GOOD



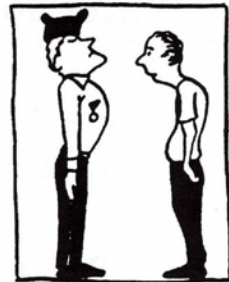
Test your posture by standing with your back against a wall. You will learn the mechanics of good posture by trying to straighten your back. A lazy slouch posture or “military” position increases the curves in your back.

Many people develop poor posture early in life. Teenagers may tend to slouch to be “cool”. Tall girls and boys may try to look shorter by slumping. Short people try to look tall and generally have good posture. Good posture does prevent backaches.

Straighten the curve in your neck by standing tall with your chin slightly tucked in. You can straighten the curve in your low back (sway-back) by tucking in your stomach and tilting your pelvis forward (pelvic tilt)... tighten the muscles in your buttocks and bend your knees slightly.

If you are experiencing back strain, take a few moments off and give your back a break. Here are some rest positions that can relieve your back by straightening your spine and tilting the pelvis forward.

BAD



Strain Relief

At Work or Home

1. Assume a squatting position, holding on to the back of a Chair. 2 to 5 minutes is all that is necessary.



2. Lean forward in your chair and lower your head to your knees for 2 to 5 minutes.



At Home

3. Lie on your back, flat on the floor, and place your legs on a chair. For maximum relief, this position should be held for 5 to 10 minutes.



Back Care... Keep a Straight Back!

Lifting

Bend your knees, not your back! Lift with your legs and hold objects close to your body. Lift objects only chest high. When the load is heavy, get help and plan ahead to avoid sudden load shifts.

Always be sure of your footing.



Walking-Standing

Stand with one foot up; change positions often. Bend with knees to keep back straight. Walk with good posture keeping head high, chin tucked in, pelvis forward, toes straight ahead. Wear comfortable shoes.

Driving

Move car seat forward to keep knees bent and higher than hips. Sit straight; drive with both hands on the wheel.



Sitting

Sit in chairs low enough to place both feet on the floor with your knees higher than your hips. You may cross your legs or put your feet up on a stool. Sit firmly against back of chair.



Sleeping

A good night's sleep on a firm mattress is good for you and your back. Sleep on your side with knees bent, or on your back with a pillow under your knees.

