

EXERCISES



1. Cervical Retraction

- a. Beginning with neck in its neutral position, place 2 fingers on chin to guide head back, gently retract head in a backward motion so that the ear lines up with the shoulder.
 - i. Reps: 10
 - ii. Sets: 2-3
 - iii. 2x/day



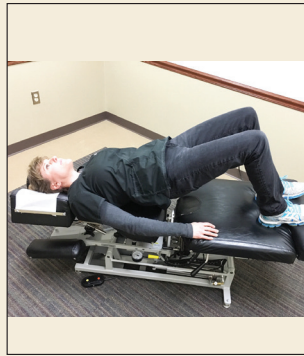
2. Scapular Retraction

- a. Start with arm straight out in front. Pull back like you are doing a row. As you pull back focus on squeezing the shoulder blades together.
 - i. Hold: 1-2 sec
 - ii. Reps: 10
 - iii. Sets: 2-3



3. Wall Angels

- a. Begin with back & arms against the wall with elbows bent at a 90° angle. Keeping arms against wall, bring hands together above head then lower elbows back down.
 - i. Hold: 1-2 sec
 - ii. Reps: 10
 - iii. Sets: 2-3



4. Pelvic Tilts/Glute Bridge

- a. Begin by lying on back with knees bent. Tighten the abs and tilt your pelvis forward. Squeeze the buttocks and raise your hips off the table.
 - i. Hold: 3-5 sec
 - ii. Reps: 10-15
 - iii. Sets: 2-3/day



5. Clam Shell

- a. Lie on side with legs & feet together & slightly bent. Keeping the feet together raise the top leg as far as you can & open close the legs like a clam. Do this exercise on both sides.
 - i. Hold: 1-2 sec
 - ii. Reps: 10
 - iii. Sets: 2-3



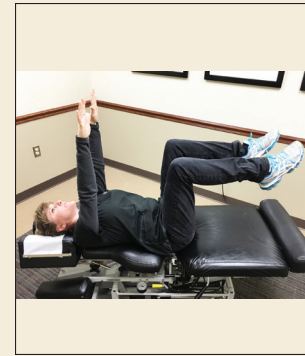
6. McKenzie Extension

- a. Extend/bend backwards until you can just feel some pain and then return to neutral. This exercise may be done lying on your stomach, sitting, or standing.
 - i. Hold: 1 sec
 - ii. Reps: 10-15
 - iii. Sets: 2-3



7. Wall Squat

- a. Feet shoulder width apart and pointed straight forward squat down as if sitting down on a chair. Bend the knees 30-90 degrees.
 - i. Reps: 10
 - ii. Sets: 2-3
 - iii. 2x/day



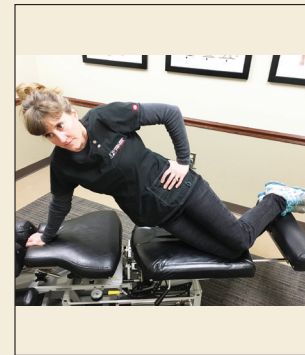
8. Dead Bug

- a. Lie flat on back with shoulder blades on the floor. Start with knees bent & arms at sides. Stretch the left arm over your head, while extending right leg with toes pointing down. Repeat on other side.
 - i. Hold: 1-2 Sec
 - ii. Reps: 10-15
 - iii. Sets: 2-3/day



9. Bird Dog

- a. Begin in hands & knees position. Tighten the abdominals. Extend right leg backward as you raise left arm. Lower both at same time keeping abdominals tightened for the duration of the exercise.
 - i. Hold: 1-2 sec
 - ii. Reps: 10-15
 - iii. Sets: 2-3/day



10. Side Plank

- a. Begin in a side posture on one knee & one elbow. The elbow should be directly below the shoulder. Tighten abdominals, relax shoulders, & lift hips off table. This should be a smooth and controlled motion.
 - i. Hold: 3-5 sec
 - ii. Reps: 10-15
 - iii. Sets: 2-3/day



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