

STRETCHES



- 1. Brueger's Posture Reset**
- a. In a standing position, place the head slightly retracted with arms at your sides. Externally rotate your hands so that the thumbs point slightly backward.
 - i. Hold: 30 sec
 - ii. Reps: 2
 - iii. Sets: Every hour



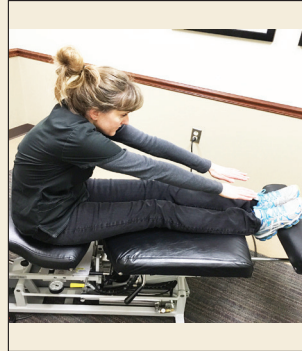
- 2. Knee to Chest**
- a. Bend knee and pull up toward chest. Grab behind the thigh and pull until you feel a stretch.
 - i. Hold: 10-15 secs
 - ii. Reps: 5
 - iii. Sets: 2-3



- 3. Knee to Opposite Chest**
- a. Bend knee up toward chest. With same side hand, grab behind knee. With the opposite hand, reach over knee & grab on outer part of knee. Pull up & toward the opposite chest until a stretch is felt.
 - i. Hold: 10-15 sec
 - ii. Reps: 5
 - iii. Sets: 2-3/day



- 4. Figure Four**
- a. Place ankle on the opposite knee. Grab behind the knee with both hands and pull up toward your chest until you feel a stretch.
 - i. Hold: 10-15 sec
 - ii. Reps: 5
 - iii. Sets: 2-3



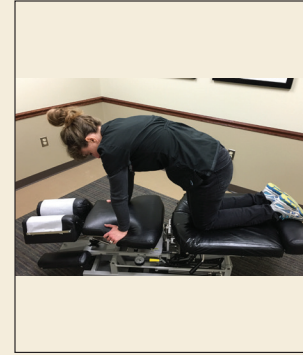
- 5. Hamstring Stretch**
- a. Bend knee up and grab behind the knee. Pull toward chest until you feel a slight stretch. Straighten the leg out until you feel a stretch in your hamstrings.
 - i. Hold: 10-15 sec
 - ii. Reps: 5
 - iii. Sets: 2-3



- 6. Calf Stretch**
- a. Step the affected leg back keeping it straight and the heel on ground, lean forward toward the wall until a stretch is felt. If you do not feel a stretch, step the back leg back further.
 - i. Hold: 10-15 sec
 - ii. Reps: 3
 - iii. Sets: 1-2



- 7. Psoas (Hip Flexor)**
- a. Begin with feet shoulder width apart. Step one foot back behind. Keep toes on back foot pointed straight forward. Push hips toward ground until feeling a stretch in back leg.
 - i. Hold: 10-30 sec
 - ii. Reps: 5 each leg
 - iii. Sets: 2-3



- 8. Cat Camel**
- a. On hands & knees take in deep breath, arch low back & extend head & neck back. Keep elbows straight & sag back. While exhaling slowly, arch back upward & tuck chin to chest to allow back to hunch like a cat.
 - i. Hold: 1-2 sec
 - ii. Reps: 20-30
 - iii. Sets: 2



- 9. Pec Stretch**
- a. Stand in doorway, as shown, brace yourself with your hands, gently lean in, to end position. Push your body slowly back to an upright position.
 - i. Hold: 10-20 sec
 - ii. Reps: 3
 - iii. Sets: 2-3



- 10. Neck Roll**
- a. Roll up a towel (about 10" thick) & fit behind neck. Lie on the end of a table/bed with head hanging over side. If you cannot let your head hang off the back then keep your head on the table/bed.
 - i. Hold: 1-10 mins
 - ii. Sets: 1-2x/day



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