

## Flexibility & Stretching Packet



3804 1st Ave NE  
Cedar Rapids, IA  
362-8800

Chiropractic is meant to make you heal better not just make you feel better! Flexibility of your muscles is a big part of the healing process and success in your care program. Stretching helps to increase blood supply and nutrients to your joints, decreases soreness, improves muscle balance and postural awareness. You get what you put into it!

### Preparing for stretching:

1. Warm up muscles with a 5-10 minute walk or warm shower
2. Correct posture: Toes spread, knees relaxed, pelvic check, shoulders and head back.
3. Begin with a deep breath in and slow breath out as you stretch further, repeat 3-5 times
4. If a stretch becomes a sharp pain STOP, talk to the Doctor about modifying that pose
5. Perform at least 5 days per week
6. Enjoy your calm energy after each routine



**Neck & Traps**  
Tilt ear to shoulder.



**Neck & Levator Scapula**  
Rotate head 45 degrees, look down



**Upper Back & Shoulder**  
Stretch arm across chest.



**Pecs and Wrist**  
Hand against wall, arm straight, turn away.



**Triceps**  
Head neutral, arm bent behind head.



### **Shoulder Reach**

Shoulder perpendicular to wall  
Stretch arm in front and in a clockwise motion extend arm back to comfortable position.



## **SPINAL CONDITIONING**



### **Cat**

Tuck tailbone, arch back, tuck head. Breathe.



### **Cow**

Arch low back, drop soften chest, extend head. Breathe.



### **Sphinx**

Tighten gluts and belly button, soften chest, shoulder and head back. Breathe.



### **Child's Pose**

Knees wide, sit back on heels, extend hands forward. Breathe.





### **Hip Opener**

Front knee bent over ankle, draw back knee away, hands both sides of the ankle.

← or →



### **Standing Hip Opener**

Tuck pelvis, belly button in, front leg bends, back leg straight, toes pointing forward.



### **Hip & Gluts**

Low back straight, one leg straight, other leg bent, spine twist toward bent leg.



### **Hip Rotators**

Bend knee, ankle of other leg to bent knee, pull thigh of bent knee towards chest.



### **Quads**

Lay on stomach, bend leg, grab ankle. Keep knee in line with hip.



### **Groin**

Low back straight, knees draw to floor, shoulders back.



### **Hamstring Laying**

One leg straight on the floor, one leg straight and elevate, Tighten knee cap of elevated leg. Use a strap if you are unable to reach lower leg.

or



### **Hamstring Seated**

One leg straight, other leg bent to the straight leg. Bend forward at hips keeping low back straight. Grab lower leg or ankle.



### **Ankle Mobility**

Foot 1 inch away from wall. Bend knee to touch wall. Knee bends toward third toe. Other leg straight. Move 1 inch further away or to comfort each rep.