

Lumbar Stretches

OBJECTIVE:

This exercise combines stretching and strengthening advantages. Initially, as you rotate your hips towards the floor, you engage in lower back stretching. Subsequently, by maintaining this rotated position, the muscles responsible for trunk movement and stability experience strengthening effects.

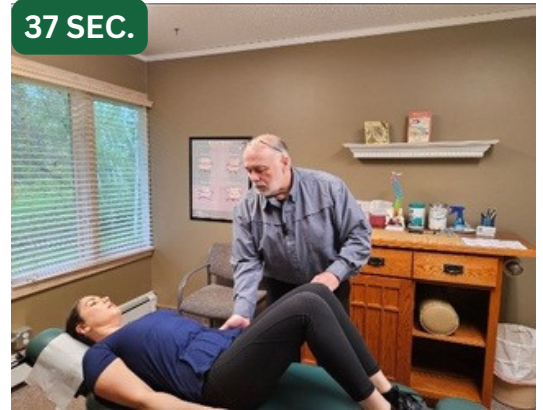
POSITION

Begin by lying flat on your back with your knees bent and feet resting flat on the floor. Relax and ensure your entire back makes contact with the floor.

PROCEDURE

Slowly rotate your hips pressing your lower back firmly against the floor. Hold this position for 20 seconds. Complete 2 sets with a 5-second rest interval between each set.

37 SEC.



THE PELVIC CLOCK STRETCH

1:20



OBJECTIVE:

This stretch aims to enhance flexibility and bolster the trunk rotator muscles, thereby improving stability and control during walking and turning movements.

POSITION

Start by lying flat on your back with knees together and bent and palms resting flat on the floor throughout the exercise.

PROCEDURE

Gradually lower both knees to one side while keeping them together. You should feel a stretch from your shoulders down to your lower back. Perform 2 sets, holding each for 20 seconds.

LOWER BACK ROTATORS STRETCH

OBJECTIVE:

This exercise targets muscles in the lower back, hips, and back of the thighs, enhancing flexibility and joint mobility in the trunk region. It simultaneously benefits both legs while targeting different muscle groups. The straight leg primarily stretches the hips, while the raised leg targets the back of the thighs and lower back.

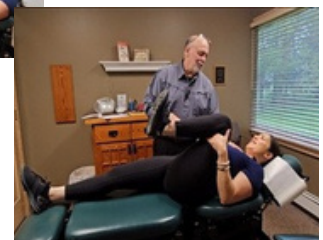
POSITION

Begin by lying on your back with knees bent and feet flat on the floor.

PROCEDURE

Slowly raise one knee towards your chest, gripping the back of your thigh with your hands. Straighten the other leg while keeping the knee facing upward. Maintain a straight head position without lifting it. Alternate between legs and hold each stretch for 20 seconds. Complete 2 sets.

2:23



KNEE-TO-CHEST STRETCH

3:26

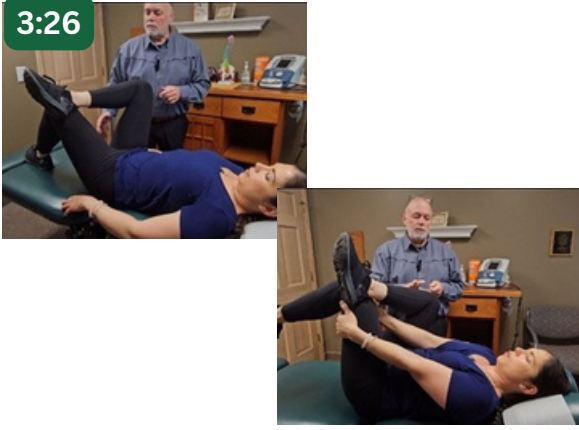


FIGURE 4 STRETCH

OBJECTIVE:

This exercise aims to enhance squatting ability, facilitate crossing legs, and alleviate back discomfort. It targets muscles close to sensitive nerves, which, when stretched, can reduce pressure around inflamed nerves and alleviate lower back pain.

POSITION

Begin by lying flat on your back. Cross one leg over the other, placing the ankle above the opposite knee.

PROCEDURE

Gently pull up on your thigh and maintain the position. If necessary, use a towel around your thigh to assist in pulling. Keep your head on the floor and avoid excessive crossing by preventing your ankle from sliding down the opposite leg. Hold the stretch for 20 seconds and then switch sides. Complete 2 sets on each side.

OBJECTIVE:

: This exercise focuses on stretching and enhancing flexibility in the back of the thighs. Properly stretched hamstrings contribute to improved balance and stability during standing and walking.

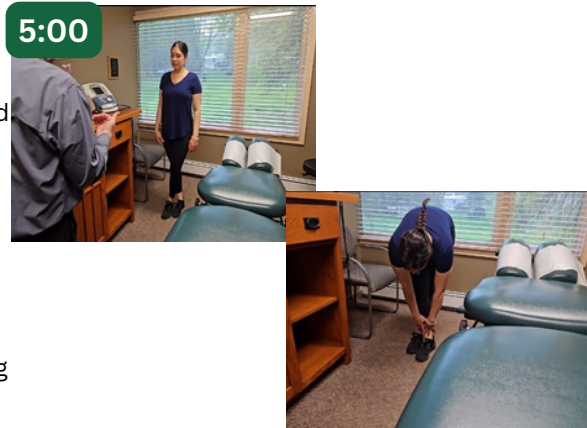
POSITION

Stand tall, then cross one leg over the other, balancing on a single foot. If balance is a challenge, steady yourself against a wall.

PROCEDURE

Slowly lean forward, reaching towards your foot to touch your toes, experiencing a gentle stretch in your hamstring region. Perform 2 sets, holding each stretch for 20 seconds.

5:00



THE HAMSTRING STRETCH

**PLEASE WATCH OUR STRETCHING VIDEO ON OUR
WWW.ASPENRIDGECHIROPRACTIC.COM WEBSITE FOR FURTHER INFORMATION.**

