

Relief Care Chiropractic SPINAL HEALTH GUIDE



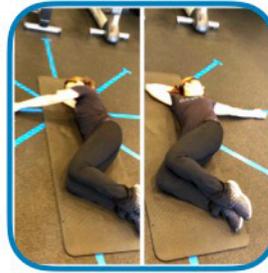
QUADRUPED ROCK BACKS
 Hands & knees. Send sit bones toward heels. Return to start & repeat. 10x



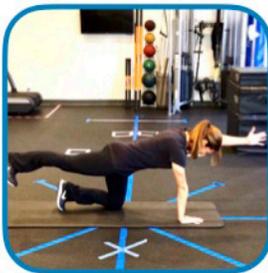
LUMBAR & HIP ROTATION
 On back, knees together, feet hip distance. Knees fall to side, control with abs. Alt. sides. 5x each



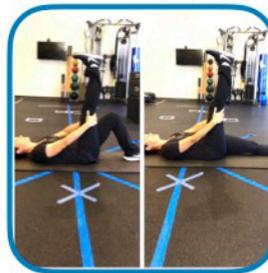
CAT & COW
 Push ground away, round spine, tuck tailbone, bring chin toward chest. REVERSE lift chest, neck, eyes, arch low back. 10x



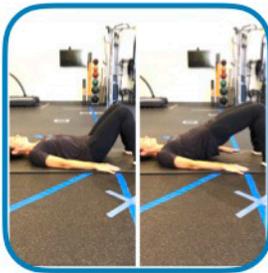
THORACIC & NECK ROTATION
 Sidelying, elbow supports head. Hips/knees stacked. Rotate trunk & head, opening chest. 5x each



BIRD DOG
 Lift leg & opposite arm. Be stiff through core, arm & leg. Spine in straight line, chin tucked. Hold 5". Alt. 5x each



HAMSTRING STR I/II
 I. Knee bent, foot on floor
 II. Knee straight on floor
 Reach behind knee w/ hands or towel. Straighten to stretch. Hold 30". 3x



BRIDGE
 On back, feet/knees hip distance apart. Lift hips up by squeezing glutes together. Brace core. Hold 5". 10x



HIP FLEX STR I/II/III
 I. Tuck pelvis/squeeze glutes
 II. Level I + shift forward
 III. I & II + reach arm up
 Hold 30". 3x



DEAD BUG I / II
 I. Hips/knees 90°, low back neutral or gently pressed to floor. Brace abs. Alt. toe taps 10 - 20x
 II. Opposite arm/leg 10x



LUMBAR SUPPORT
 Place lumbar support in small curve of low back to create neutral spine alignment. Towel roll or McKenzie Roll 1/2 or full.



FRONT & SIDE PLANK ON ELBOWS I/II
 I. Knees down
 II. Knees up
 Spine in straight line, chin tucked. 10". 5x

TIPS

- Pick 5 daily
- Pain-free or low-level discomfort w/ exercises
- Stand/walk break hourly
- Walk 30 mins/day
- Motion Is The Lotion