

MILLS CHIROPRACTIC CENTER

724-548-7999

www.millschiropractic.com

LUMBAR STRETCHES

Each of these exercises will be performed for both sides of the body.

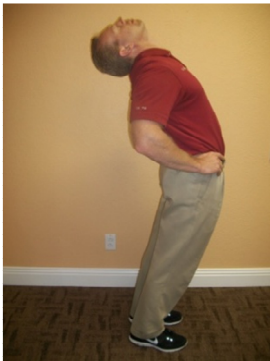
For each exercise move to the maximum range of motion and hold for a minimum of 30 seconds, repeat 3 times.

Make sure you continue breathing with a relaxed face while stretching.



Spinal Forward Flexion

With knees straight, slowly bend forward and flex spine as much as possible and hold.



Spinal Backward Extension

With knees straight, slowly extend backward as much as possible and hold. Discontinue and inform doctor if dizziness occurs.



Spinal Lateral Flexion

With knees straight, bend to the side and slide your hand down your leg as far as possible and hold.



Spinal Rotation

Firmly plant feet on ground, shoulder width apart. Clasp hands while posteriorly rotating head, shoulders and hips as far as possible and hold.