

# Stretches and Exercises

## Reconstructive Program Stretches

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### Cervical Spine 1 - Neck Flexion

Bend head forward,  
Return to starting  
position.

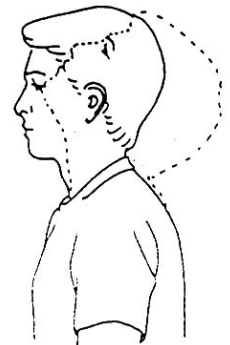
Hold 30 seconds.  
Do twice daily.



### Cervical Spine 2 - Neck Extension

Bend head backward,  
And return to starting  
position.

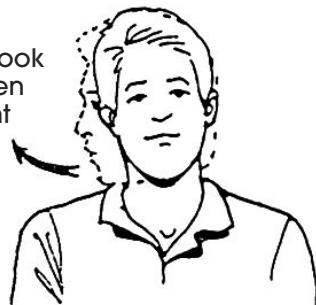
Hold 30 seconds.  
Do twice daily.



### Cervical Spine 3 - Neck Rotation

Turn head slowly to look  
over left shoulder, then  
turn to look over right  
shoulder.

Hold 30 seconds.  
Do twice daily.



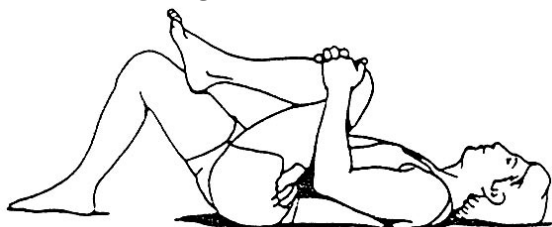
### Cervical Spine 4 - Neck Lateral Flexion

Tilt head toward shoulder,  
then slowly toward  
opposite shoulder.

Hold 30 seconds.  
Do twice daily.

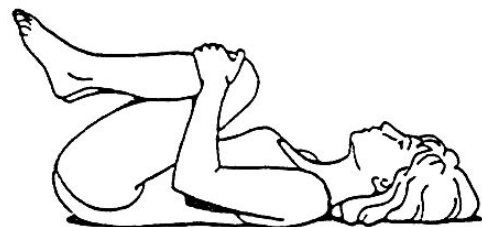


### Back 1 - Single Knee to Chest Stretch



Pull one knee in to the chest until a comfortable  
stretch is felt in the lower back & buttocks.  
Hold 30 seconds. Repeat on each side.  
Do twice daily.

### Back 2 - Double Knee to Chest Stretch



Pull both knees into chest until a comfortable  
Stretch is felt in the lower back.  
Keep back relaxed.  
Hold 30 seconds. Do twice daily.

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# Stretches and Exercises

## Reconstructive Program Stretches

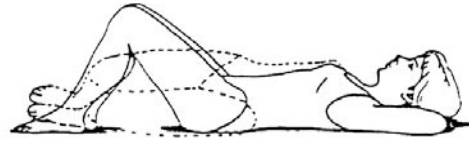
# 1

### Back 3 - Mid Back Stretch



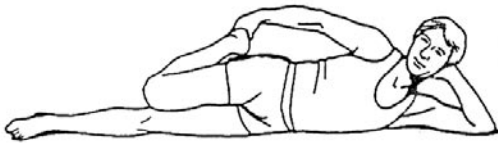
Push chest toward floor, reaching forward as far as you can.  
Hold 30 seconds. Do twice daily.

### Back 4 - Lower Trunk Rotation Stretch



Keeping back flat & feet together, rotate knees to one side.  
Hold 30 seconds. Repeat on other side.  
Do twice daily.

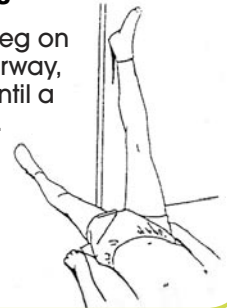
### Hip & Knee 1 - Quadriceps Stretch



Pull heel in towards buttocks until a comfortable stretch is felt in front of thigh. Hold for 30 seconds.  
Repeat with other leg. Do twice daily.

### Hip & Knee 2 - Hamstring Wall Stretch

Lying on floor with involved leg on wall & other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.



Repeat with other leg.  
Do twice daily.

### Hip & Knee 3 - Inner Thigh/Groin Stretch

Place heels together & pull feet toward groin until a stretch is felt in groin & inner thigh.

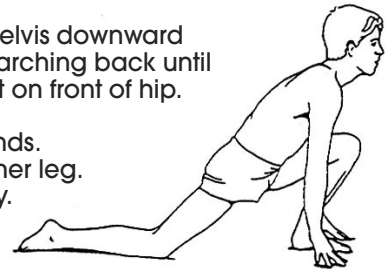
Hold 30 seconds.  
Do twice daily.



### Hip & Knee 4 - Hip Flexor Stretch

Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.

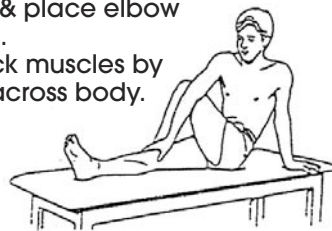
Hold 30 seconds.  
Repeat on other leg.  
Do twice daily.



### Hip & Knee 5 - Piriformis Stretch

Cross leg over thigh & place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold 30 seconds.  
Repeat other side.  
Do twice daily.



### Hip & Knee 6 - Tensor Stretch

Cross left leg over the right then lean to the left until a stretch is felt over the outside of the hip.

Hold 30 seconds.  
Repeat with right leg.  
Do twice daily.



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