

# Stretching Exercises

PURE WELLNESS  
CHIROPRACTIC + ACUPUNCTURE

## Neck Stretches



### Neck Side Flexion Overstretch

Ensuring your nose is pointing forward, bend your neck as if you were taking your left ear towards your left shoulder. Use your hand to gently pull your head a little further, creating a stretch on the opposite side of your neck. Now repeat to the right. This exercise will help improve mobility to your neck.

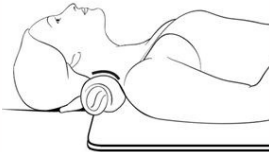
**Video:** <http://youtu.be/fa08D3nj-hs>



### Sub-Occipital Stretch

Sit down with good posture, tuck your chin down slightly, and hold your fingers under your skull. Try to elongate your neck and pull your skull upwards with your fingers. You should feel a gentle stretch at the top of your neck under your fingers. Stop immediately if you get any dizziness. Hold the stretch, and relax.

**Video:** <http://youtu.be/mYfaLEzhHM>

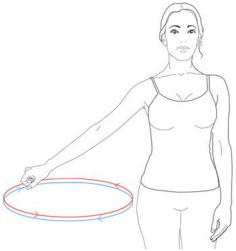


### Improving Cervical Curve

Lying on your back, place a rolled up towel (of approximately 4 inches/10cm diameter) under your neck. You should feel the towel pushing upwards into your neck. This is a great exercise for people who spend too much time forward flexing their necks, e.g. computer and laptop users.

**Video:** <http://youtu.be/r1-VRMLfSRs>

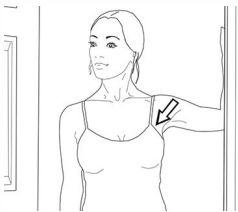
## Shoulder Stretches



### Side-Arm Circles

Draw gentle circles with your arm to the side of your body. Move your arm anti-clockwise and clockwise. This exercise will actively mobilize a stiff shoulder.

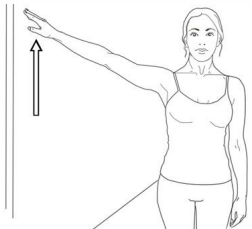
**Video:** <http://youtu.be/ixmb2Du1hiE>



### Pec Stretch

Bend your elbow 90 degrees, and rest your forearm against a door frame or wall, with your fingers pointing towards the ceiling. Lean forward creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

**Video:** <http://youtu.be/OHtz3C0v9IM>

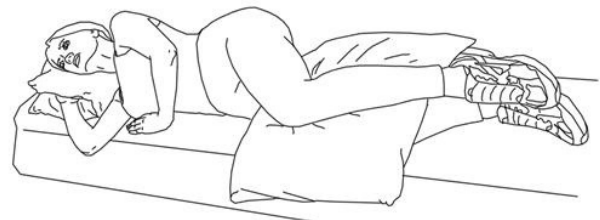
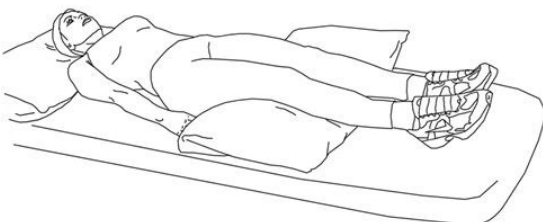


### Wall Crawl

Walk your fingers up the wall, directly to your side. When you reach your limit, walk your fingers back down the wall. Make sure that you do not hunch/shrug your shoulder as you lift your arms. This exercise will improve mobility and strength to your shoulder.

**Video:** [http://youtu.be/\\_sd9wyDcBQ](http://youtu.be/_sd9wyDcBQ)

## Sleeping Positions



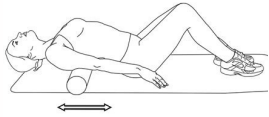
# Upper-Mid Back Stretches



## Bar Assisted Side Flexion + Standing Rotation

Stand with good posture, and place a golf club or broom over your head, with it resting comfortably on your shoulders, and hold onto the bar with both hands. Bend your spine to the left, keeping hold of the bar. Keep your hips still and repeat to the opposite side. Next, stand upright facing straight forward and rotate slowly to the left to maximum rotation, then repeat on the other side. This exercise will stretch your spine.

**Video:** <http://youtu.be/oltnx7etd8I>

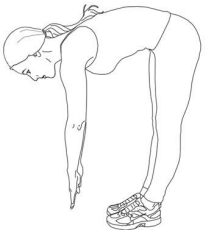


## Foam Roller Thoracic Spine

Place a foam roller under your spine and lie flat on your back with your knees bent. You can place the roller anywhere along the upper back, but one of the best places is right underneath the shoulder blades. Slowly roll your spine over the foam roller, and you will feel it pushing up into your back. This exercise can help improve mobility to the spine and improve posture.

**Video:** <https://youtu.be/r249sIWHxMU>

# Low Back Stretches



## Toe Touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

**Video:** <http://youtu.be/dkblofX4DW0>



## Lumbar Rotation

Lie on a bed or a floor. Bend your knees and keep your feet flat on the bed or floor, rotate your hips to one side creating rotation through your lower back. Only go as far as your comfort level, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.

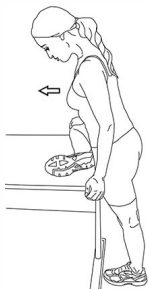
**Video:** <http://youtu.be/UxORTXzuU9E>



## Hip Flexor Stretch

In a kneeling lunge position, move your body forward to create a stretch to the front of your thigh and groin. If you want to make the stretch stronger, tilt your pelvis backwards as shown. Use a pillow under your knee if you find you need the padding.

**Video:** <http://youtu.be/sDn-UtqdX58>



## External Rotation Glute Stretch

**Standing:** Place your foot on a table, with your leg turned inwards. Lean forward slightly to feel a stretch in your buttock. Hold the stretch.

**Seated:** Sit down on a chair, and move your knee outwards while resting your foot over your other leg. Use your hand to push your knee downwards. This is a flexibility exercise for your hip, and you will feel some pressure/stretch on the outside of your hip joint. Hold the stretch for the time required, and repeat.

**Standing Video:** [http://youtu.be/Nh3gioc\\_x4I](http://youtu.be/Nh3gioc_x4I) **Seated Video:** <http://youtu.be/C319sYie5Bk>

**Disclaimer:** These exercises are intended to improve your condition by accompanying your current treatment plan. They are designed to increase range of motion within the muscles to aid in the treatment provided at our office which will promote improved function. If any of these exercises increase discomfort, please discontinue immediately and inform our office. These exercises may be continued and used for maintenance as needed after you have completed an active phase of treatment for your condition.