

Daily Stretches

Stretching is essential to a healthy life style. Not only does it help prevent Subluxation it is vital to a healthy functioning spine and nervous system. The chiropractic adjustment corrects subluxations and stretching can help prevent them, thus; doing the exercises recommended by Dr. Thompson will help you minimize your subluxations and maximize your health potential. I challenge you to do the following exercises daily for 2 weeks. I am confident you will not regret it.

If for any reason you have difficulty or the exercises cause pain, nausea, or dizziness discontinue and consult Dr. Thompson.

Camel Stretch



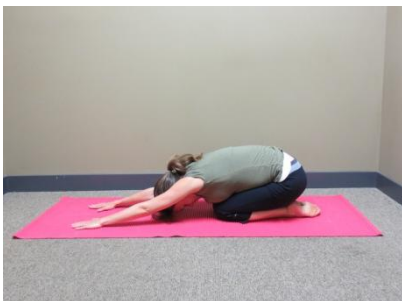
Come to hands and knees with your hands shoulder-width apart, knees hip-width apart, abs engaged, and back flat (spine neutral). Engage your abdominals as if pulling your naval towards your spine and round your back towards the ceiling. Allow the head and neck to fall naturally between the arms. Breathe deeply and hold for 30 seconds.

Cat Stretch



Come to hands and knees with your hands shoulder-width apart, knees hip-width apart, abs engaged, and back flat. Relax the abdominals as if dropping your belly towards the floor beneath you, arching your back, tilting your pelvic bone back and lifting your chest. Look towards the ceiling without straining your neck. Breathe deeply and hold for 30 seconds.

Child's Pose



Come to hands and knees with your hands shoulder-width apart, knees hip-width apart, abs engaged, and back flat. Keep your knees and ankles separated and your toes curled under as you shift your weight back over your heels, lengthening your spine, relaxing your head and neck, and reaching forward through your fingertips. Breathe deeply and hold for 30 seconds.

Upward Facing Dog



Lie flat on your stomach with your legs extended. Place the palms of your hands directly under the shoulders, fingertips pointing forward. Slowly straighten your arms, pushing your chest and torso away from the floor beneath you. Relax your abdominals and pull the shoulders away from the ears. Look slightly upward towards the ceiling. Breathe deeply and hold for 30 seconds.

Lying Double Knee Hug



Lie on your back with your legs extended and your back straight. Keep your hips level and your lower back down on the floor. Bend both knees towards your chest, placing hands across your knees or shins. Breathe deeply and hold for 30 seconds.

Runner's/Psoas Stretch



With your leg extended backward hold on to a sturdy object and lower your body down until the point where a stretch is felt and hold for 30 seconds. The stretch should be felt in the upper thigh/groin region in the straight leg.

Revolved Easy Pose



In a seated/crossed leg position, rotate your torso slowly to the right as far as you can but not to the point of pain or discomfort. Hold for 30 Seconds and repeat the same on the left side.

Gate Pose



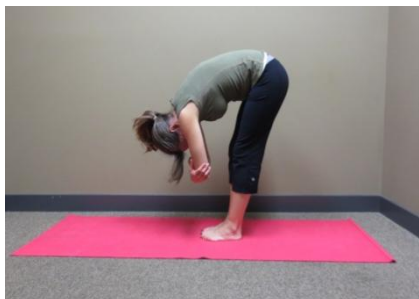
In a seated/crossed leg position, bend your body to the right, extending your left arm over your head as you do so. You will feel the stretch down your left side. Hold position for 30 seconds. Repeat with other side.

Pigeon stretch



Tuck one leg under your body as you extend the other leg out behind you on the floor. Straighten your arms as you sit up tall. Keep your head looking straight ahead. Hold this position for 30 seconds. Repeat with opposite leg.

Deep Forward Fold



Start from a standing position. Slowly bend forward, keeping your legs straight. Cross your arms as you relax into the fold. Hold position for 30 seconds.

Chair Pose



From a standing position, reach up to the ceiling with both hands together. Bring them down to your chest in a prayer position as you gently bend your knees as if you were going to sit down. Keep your abdominals tight and head facing straight ahead. Hold position for 30 seconds.

Double Leg Stretch



From a seated position with legs stretched out in front of you, gently bend forward as far as you can. Grab your feet or your ankles as you feel the stretch in your hamstrings. Hold position for 30 seconds.