

ELM PARK CHIROPRACTIC

124 Russell Street
Worcester, Ma 01609
(508) 753-0503

AT HOME EXERCISES

TO BE DONE AT LEAST ONCE PER DAY

ALWAYS DO EXERCISES SLOWLY AND NEVER STRAIN

NECK RANGES OF MOTION

Sit or stand straight and tip head from ear to shoulder, return back to center, repeat on other side. Repeat for a total of 6 times. Tip forward then back and return to center. Repeat 6 times. Turn head from side to side and return to center. Repeat 6 times.

LOW BACK RANGES OF MOTION

Stand erect, with your feet approximately 2' to 3' apart. Tip your body slowly from side to side, keeping knees straight, sliding your hands down the sides of your thigh. Repeat for a total of 6 times. Slowly bend forward and backwards and return to the center. Repeat 6 times. Next turn your trunk slowly side to side keeping your arms close to your body at the waist. Repeat 6 times.

PELVIC TILTS

Relax and lie flat on your back on a rug or mat on the floor with knees bent. Now tighten the muscles of your lower back and especially your stomach muscles at the same time to flatten your lower back against the mat (floor). Hold this position for a count of 3 to 5 seconds. Relax for the same amount of time. Repeat for a total of 6 to 10 times. When proficient, this exercise can also be done while sitting or standing. This is very good for the discs in your lower back.

SHOULDER ROTATION EXERCISE

Raise arms out to the side, level to your shoulder height, palms down, tuck your chin in and rotate both arms slowly toward the back in small circles. Perform 15 to 20 rotations.

CRANIAL BREATHING

Breathe in deeply through the mouth while pressing the roof of your mouth with your tongue. Then exhale through the mouth while pressing your tongue to the floor of your mouth. Repeat 6 to 10 times.

REPORT ANY DISCOMFORT TO ONE OF THE DOCTORS