



SPORT & SPINE REHAB

CHIROPRACTIC | PHYSICAL THERAPY | REHAB

Work Better, Play Harder

In-Home Stretches for Back Pain Relief



The Open Book

Begin lying on your side. Put top leg over a knee rest with knee bent at 90 degrees. Place bottom hand on knee. Stretch top hand out to floor, keeping elbow straight and shoulder 90 degrees to body.

Guiding with top hand, roll your back until its flat and top hand is palm down on the floor behind you. Repeat for 3 sets of 8 repetitions on each side

The Chair Stretch

A patient favorite! Begin by sitting with a straight neutral spine. Cross one leg over other, placing ankle on opposite thigh, above the knee.

Slowly lower chest down toward knees trying to keep a flat low back. A stretch in hip of crossed leg should be felt. Hold for 20-30 seconds and repeat for 3 sets on each side.



The Cat-Camel Stretch

Begin on floor on hands and knees. Hips should be above knees and shoulders above hands. Attain a straight spine position.

Round your back upward, stretching mid-back between the shoulder blades. Relax and let your stomach fall downward as you arch your back. Hold each position 3-5 seconds and repeat for 3 sets of 8-10 repetitions..



Back Pain?

You are not alone! 80% of Americans will experience back pain at some point in their lives, and back pain is the #1 contributor to reduced wages and productivity!

CLICK HERE TO SPEAK TO ONE OF OUR DOCTORS FOR FREE TODAY!