



## STRETCHING EXERCISES

Stretch 4-6 times per day and hold each for a minimum of 30 seconds. Perform the stretch gently without bouncing. Discuss any problems with your Chiropractor.



### Waist

Stand with your feet wide apart. Stretch one arm over the head. Bend away from that side at the same time as the elevated shoulder is brought slightly forwards. Make sure that your feet stay on the floor and that your hips are lined up with your feet. The stretch should be felt in the waist and lower back.



### Buttocks

Lie on your back with both knees bent. Cross one leg over the other one, putting your heel/shin on top of the leg. Then reach through and pull up the uncrossed leg towards your chest. The stretch should be felt in the buttock. This stretch can also be done seated at the edge of a chair leaning forward over the crossed legs.



### Hips/Lower Back

Lie on your back with both knees bent. Hold the top of each one in turn and pull it up to your chest, towards the opposite shoulder. This will create a stretch in the buttock and outer hip. For a more intense stretch keep one leg stretched out along the floor.



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CHIROPRACTIC CENTRE  
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## Hip/Outer Thigh

Stand side-on, 1 foot away from a wall. Place the leg closest to the wall behind the other one with the foot turned out. Lean against the wall, and tilt your upper body away from the wall. The stretch should be felt on the leg closest to the wall.



## Front of Thigh/Groin

Kneel down with one leg in front of the other one. Perform a back tilt of the pelvis. Shift your weight forwards until you feel your back leg stretch at the front of the thigh.



## Hamstrings

Kneel down with one leg stretched out in front of you. You might find it easier to support yourself against a chair or the bed. Keeping your back straight, lower yourself forwards to feel a pull behind the outstretched leg. If you are suffering from knee problems this stretch is best done sitting on a chair instead of kneeling.



## Back stretch

Kneel on all fours and try to raise your back up towards the ceiling. Then place your arms as far forwards as you can reach and kneel back onto your heels. Alternatively lie on your back and hug one or both knees to your chest. The stretch should be felt in the lower back.

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