

**Tankersley Chiropractic & Acupuncture**  
165 Indian Lake Blvd., Suite 102 • Hendersonville, TN 37075

## Helpful Hints

### Ice

Use ice on the area of pain 20 minutes on and 20 minutes off. Ice will help with the pain and inflammation associated with your condition. After 1-2 weeks you can switch to heat, ice will be the most beneficial in the beginning.

### Lifting

Lift with your knees and not your back, hold objects close to your body.



### Sitting

Sit with a lumbar support when able and do not sit over 30 minutes, get up as often as possible to stretch or walk. Hopefully you're not using a typewriter...

### Sleeping

Sleep on your side with a pillow between your knees with your knees bent up towards your chest. If you lay on your back put a pillow under your knees.



## STRETCHES

These are beginner stretches to get you started, don't overdo it and take your time.

### Child's Pose



Begin this stretch by getting on your hands and knees if able and slowly sit backwards on your hips. You can do this stretch on the floor or your bed. If you can't sit all the way back like the picture that's okay. If able spread your knees apart to stretch your hips and your lower back. Hold for 20-30 seconds and do 3-5 reps 3 x's a day.

### McKenzie Extension



Begin lying face down with elbows bent and hands under shoulders. Slowly extend your arms as you press your body upwards arching your back. Start slow with half to three quarter reps and work up to full extension. 3-5 reps 3 x's a day.

## Knee Chest & Knee to Opposite Shoulder



Lie on back with knees bent. Raise one knee towards your chest and grasp the knee on the front and pull to your chest to stretch the lower back and buttock muscles, hold for 20 seconds. Relax your leg and now pull it towards your opposite shoulder. Hold for 20 seconds, repeat this cycle 3-5 x's a day.

### Figure 4 Stretch:



Lying on your back, cross one leg over the other. Grasp behind your thigh and pull your knee towards your chest. Hold 20 seconds and switch sides. Repeat 3-5 x's a day.

**Seated Figure 4 Stretch:** Same as above but you're sitting, slowly bend forward and touch your nose to your crossed over knee.

### **Torso Twist**

Lie on your back with your feet on the ground, not in the air like the picture with arms outstretched. Slowly rotate your knees to the left and right for 5-10 reps. This is a great stretch if you have pain first thing in the morning and find it hard to get out of bed. You can do this in your bed or on the floor.



### **Neck Stretches**

Ranges of motion stretches are the safest and easiest way to increase your overall neck flexibility and help decrease your pain. Do 2-3 sets of these stretches throughout the day.

1. Slowly tuck your chin to your chest and then look up or extend your neck as best you, if it starts to hurt then stop.
2. Look or rotate as far as you can to the left and then to the right, do these in a slow controlled motion.
3. Laterally bend your neck to the left and then to the right.

### **Shoulder Stretches**

Please go to our website, [www.tankdc.com](http://www.tankdc.com) and look under Patient Resources for this stretch. This stretch will help break up the adhesions or restrictions that can cause shoulder pain and dysfunction.

### **Foam Rolling**

Visit [www.tankdc.com](http://www.tankdc.com), select Patient Resources, then videos to see Dr. Craig's instructional video on foam rolling.

### **Cervical Spinal Molding**

Spinal molding will be recommended at your 6<sup>th</sup> to 12<sup>th</sup> visit depending on how you progress. The foam wedges are \$20.00, ask us for one if you want to try it earlier. If you don't like it, bring it back as it might not be right for you.

Place the cervical wedge under your neck as shown below, most patients prefer to use it right before they go to bed. Start with 5 minutes and gradually work your way up to 15-20 minutes a day. The cervical wedge will help restore the normal curve to your neck, open the spinal joints and decrease the pressure on the disc and nerves.



### **Diet & Exercise**

You can't out exercise a poor diet. A diet high in inflammatory food will cause multiple health problems, increase your pain levels and accelerate arthritis in your joints. There are many sites out there dedicated to healthy eating, below are a few of my favorites. Sign up for their weekly blog to stay up to date on the changing world of health.

[www.mercola.com](http://www.mercola.com) My first stop when searching for answers on medication, diet and exercise.

[www.chriskresser.com](http://www.chriskresser.com)

[www.robbwolf.com](http://www.robbwolf.com)

[www.marksdailyapple.com](http://www.marksdailyapple.com)

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