

Lumbar Stretches

Seated Flexion



Begin with tall posture and spread your feet apart as widely as they go. Then

slowly flex forward at the waist, keeping the feet flat on the ground. Try to get your palms flat on the ground as well. Hold for 30-45 seconds.

Seated Piriformis



Begin with tall posture, cross one of your legs onto the other. Slowly pull that knee towards your opposite shoulder.

Repeat with the other leg. Hold each side for 30-45 seconds.

Supine Knee-to-Chest

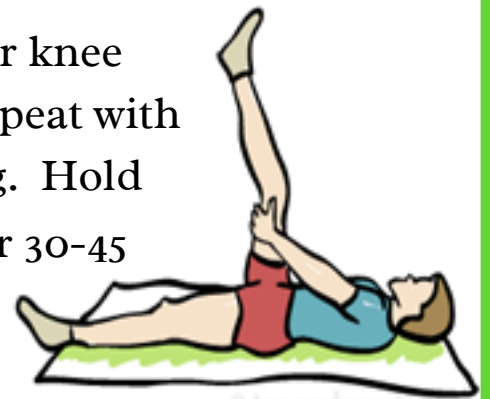
Begin lying flat on your back. Keep one leg lying flat on the ground and lift the other leg toward your chest and hug it tightly. Repeat with the other leg.



Hold each side for 30-45 seconds.

Supine Hamstring

Begin lying flat on your back. Keep one leg flat on the ground and lift the other leg straight up while attempting to keep your knee straight. Repeat with the other leg. Hold each side for 30-45 seconds.



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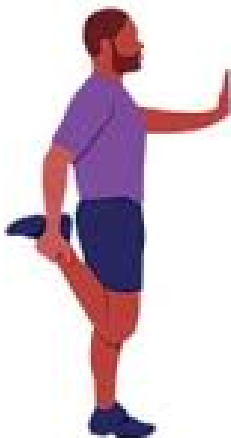
Runners Lunge - Hip Flexor

Begin standing. Step forward with one foot and lunge down keeping your torso nice and tall. Slowly raise your arms and bring your hands together. Hold 30-45 seconds. Repeat with the other leg.



Cat/Cow

Begin on all fours. Keep arms straight and palms flat on the ground. Arch your back up as high as you can, keeping your head down. Hold for 2 seconds. Then arch your back down and lift your head up. Hold for 2 seconds. Repeat 15 times.



Standing Quadriceps

Put one hand against the wall to balance. With your other hand, pull your heel towards your glutes. Hold 30-45 seconds. Repeat with your other leg.



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