

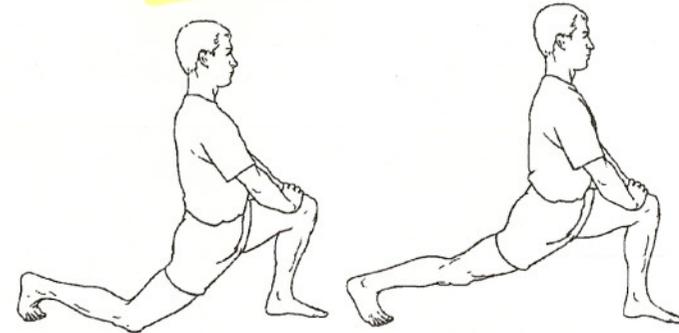
HIP / KNEE - 61  
Modified Hip Flexor Stretch

Support knee and lower leg on chair as shown. Use chair in front for balance. Slowly bend stance leg until stretch is felt in thigh of supported leg. Hold 30 seconds.



Repeat 2-3 times per set.  
Do 1-3 sets per session.  
Do 2-3 sessions per day.

YOGA - 96 Lunge Stretch



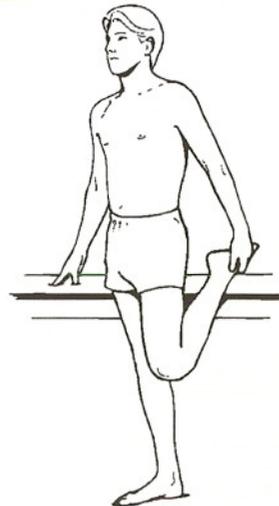
Step into deep forward lunge, hands on thigh, knee lightly touching floor. Push back leg straight. Do not allow front knee past line of toes.

Hold for 10 breaths. Repeat on other side.

*ADVANCED: Arms reaching up, arch back slightly.*

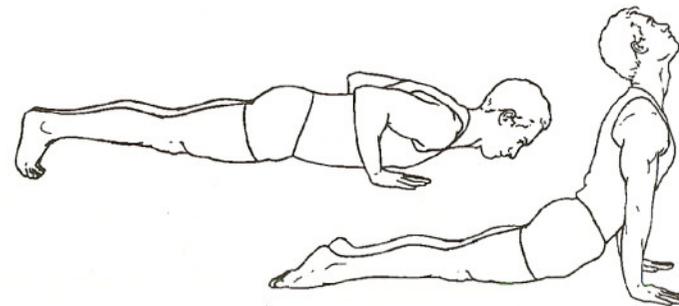
HIP / KNEE - 37  
Stretching: Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.



Hold 30 seconds.  
Repeat 2-3 times.  
Do 2-3 sessions per day.

YOGA - 33 Up Dog

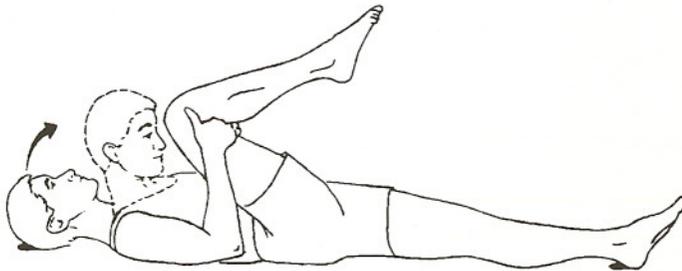


From lowered push-up position, inhale and press body forward and up in back arch. Roll to top of feet and lift thighs off floor. Squeeze buttocks to protect lower back.

Hold for 10 breaths.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.

LOWER BACK - 1 Extensors / Gluteal



Interlock fingers either behind the knee, or on top of the knee which you are stretching.. For more stretch, bring head to knee and hold ( lift head to knee only if you do not have any neck pain or tightness) Hold 30seconds. Repeat with other knee.

Repeat 2 times. Do 2 sessions per day.

BACK - 19  
Double Knee-to-Chest Stretch



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.

Repeat 2 times. Do 2 sessions per day.

HIP / KNEE - 48  
Supine Piriformis Stretch



Cross legs with involved leg on top. Gently pull other knee toward chest until a comfortable stretch is felt in the buttock/hip area. Hold 30 seconds.

Repeat 1 times per set. Do 2 sets per session.  
Do 2 sessions per day.

BACK - 54  
Lumbar Rotation Stretch

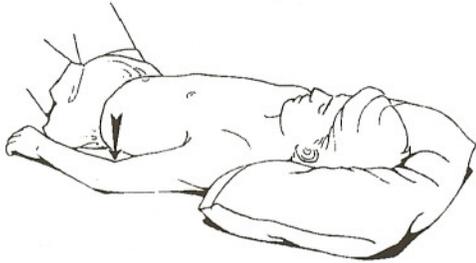


Lie on back with right knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Extend the leg out if you want greater leverage and want to stretch your IT Band. Do the same for the opposite side. Discontinue if pain radiates down the leg. Hold 30 seconds.

Repeat 1 times per set. Do 2 sets per session.  
Do 2 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.

TRUNK STABILITY - 4  
Isometric Abdominal (Draw-In Mechanism)

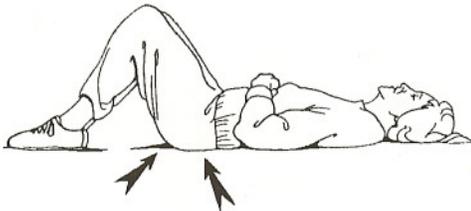


Lying on back with knees bent. Draw navel towards spine, and contract pelvic floor muscles. Breathe naturally. Attempt to perform exercise while sitting, driving, walking, running, etc.

Repeat 10 times. Do as many times throughout day.

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BACK - 4 Pelvic Tilt Using the Buttocks (Flexion)



Tighten buttocks and flatten lower back. Breathe naturally. Hold 10 seconds.

Repeat 10 times. Do as many times throughout day. Combine this exercise with the exercise above.

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Research:

90% of people with acute low back pain will have their pain resolve within 8 weeks.

Unfortunately, 70% of those who fully recover can expect to experience progressive episodes of low back pain in the future.

Solution:

The combination of exercise rehabilitation and therapy can decrease the chances of repeat bouts of low back pain by 12 times.

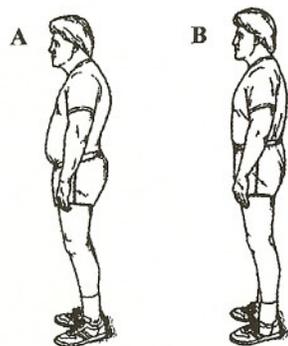
Spine 2001: Hides JA, PhD, et al (E243-8).

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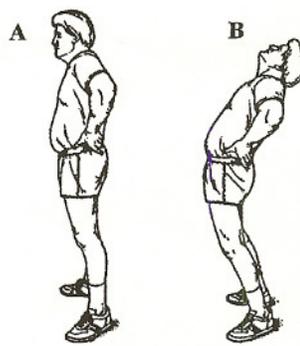
If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.

# McKenzie Exercise Program

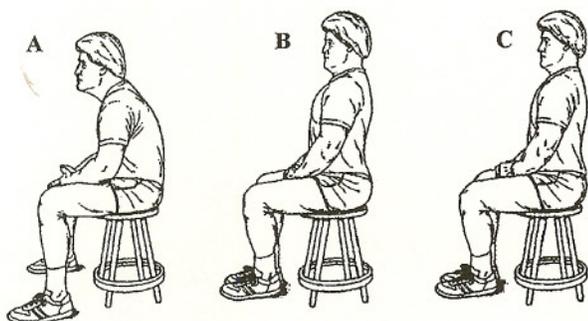
Name \_\_\_\_\_ No. \_\_\_\_\_



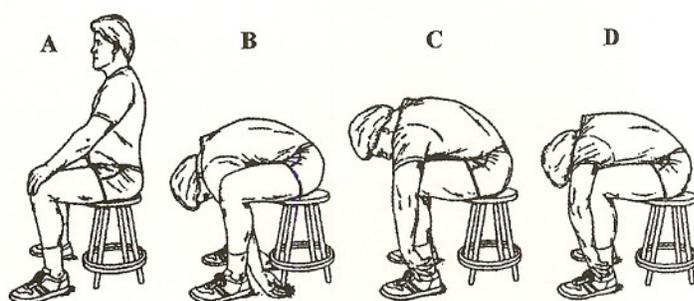
1. Correct Posture



2. Extension



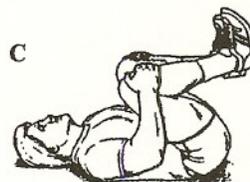
3. Seated Extension



4. Seated Flexion



5. Prone Extension

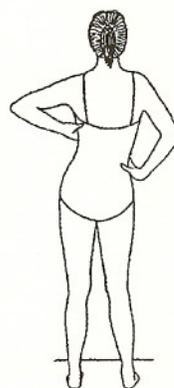


6. Supine Flexion

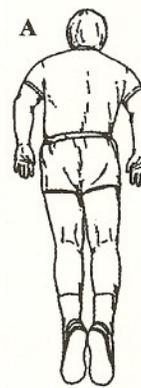
## INSTRUCTIONS

- Perform only those exercises prescribed by your doctor or therapist.
- Pain moving down the arms or legs is an indication to stop an exercise immediately.
- Pain moving inward from the arms or legs toward the spine is a positive response.

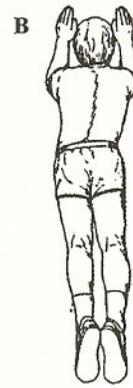
## PERFORM THE FOLLOWING EXERCISES



7. Standing Side Gliding

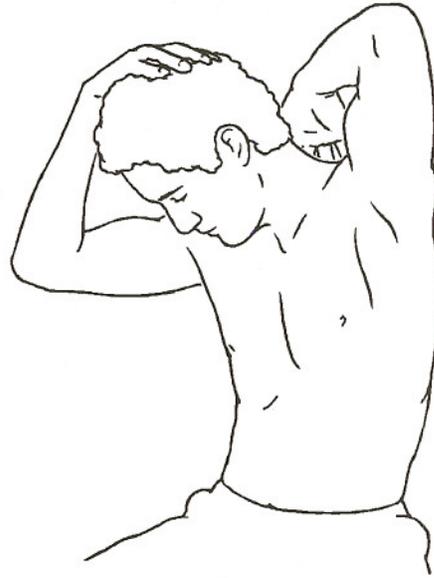


8. Supine Side Gliding



## CERVICAL SPINE - 27 Levator Scapula Stretch

Place right hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold 30 seconds.



Repeat 1-2 times per set.  
Do 1-2 sets per session.  
Do 3-5 sessions per day.

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## CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds.



Repeat 1-3 times per set.  
Do 1-3 sets per session.  
Do 3-5 sessions per day.

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If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.

# SELF MYOFASCIAL RELEASE

T.E.A.M. Clinic Sports Therapy Group

1265 El Camino Real Suite 100 Santa Clara, CA 95050

Phone: 408-241-TEAM (8326), Fax: 408-241-2600

## Technique:

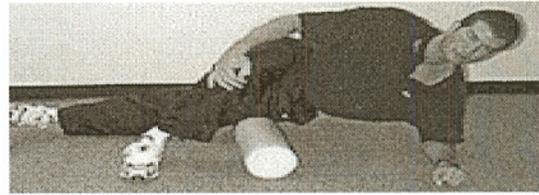
Roll area to locate tender areas.

Hold **foam roll and/or ball** over local tender spots for **20-30 seconds**.

Repeat for 2-4 regions

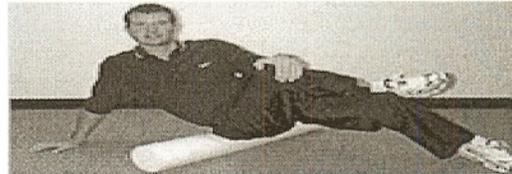
### ILIOTIBIAL TRACT/PERONEALS

Position yourself on your side lying on foam roll. Bottom leg is raised slightly off floor. Maintain head in "neutral" with ears aligned with shoulders. Roll just below hip joint down the lateral thigh to the knee. Extend below knee to address Peroneals.



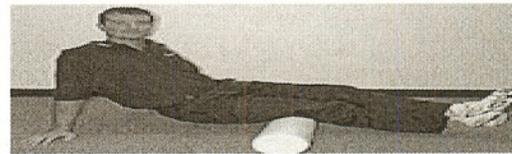
### GLUTES/PIRIFORMIS (HIPS)

Begin positioned as shown with foot crossed to opposite knee. Roll on the back of hip area. Increase the stretch by pulling the knee toward the opposite shoulder.



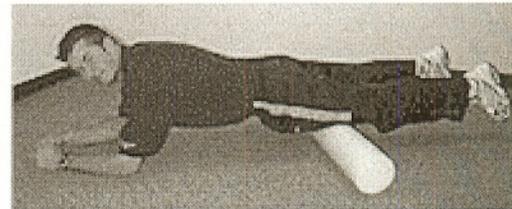
### HAMSTRING/CALF

Place hamstrings on the roll with hips unsupported. Feet are crossed to increase leverage. Roll from knee toward hip while keeping quadriceps tightened. Extend below knees to treat the calves.



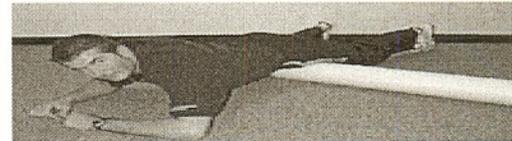
### QUADRICEPS/LOWER LEG

Body is positioned prone with quadriceps on foam roll. It is very important to maintain proper core control (abdominal Drawn-In position & tight gluteus) to prevent low back compensations. Roll from pelvic bone to knee, emphasizing the lateral thigh. Extend below knee to address lower leg.



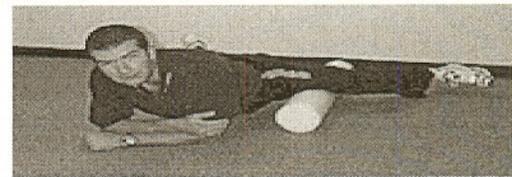
### TENSOR FASCIA LATAE (TFL)

Position the body as described above. Foam roll is placed just to the outside of the pelvic bone (ASIS).



### ADDUCTOR (GROIN)

Extend the thigh and place foam roll in the groin region with body facing the floor. Be cautious when rolling near the adductor complex origins at the pelvis.



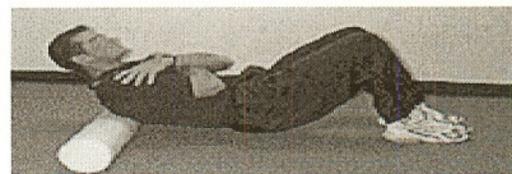
### LATISSIMUS

Position yourself on your side with arm outstretched and foam roll placed under armpit. Thumb is pointed up to pre-stretch the latissimus dorsi muscle. Movement during this technique is minimal.



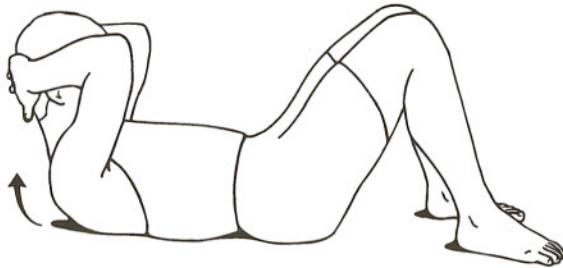
### RHOMBOIDS (MID-BACK)

Cross arms to the opposite shoulder to clear the shoulder blades across the thoracic wall. While maintaining abdominal Drawn-In position, raise hips until unsupported. Also stabilize the head in "neutral." Roll mid-back area on the foam.





NECK - 5 Extensors



Cup the top part of the back of your head with your fingers interlocked. Pull head forward until stretch is felt behind your neck and/or between your shoulder blades. This stretch can be performed sitting, standing, or lying down. Hold 30 seconds.

Repeat twice. minimum of 3 sessions per day. Can be done once every hour.

CERVICAL SPINE - 23  
 Flexibility: Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.

Hold 30 seconds. Repeat 3 times to each side. Do minimum of 3 sessions per day. Can be done once every hour.

CERVICAL SPINE - 26 Flexibility: Neck Stretch

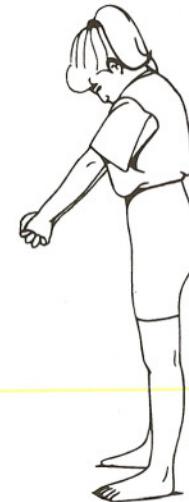
Grasp right arm above wrist and pull down across body while gently tilting head same direction. Hold 30 seconds. Relax.



Repeat 2-3 times per set.  
 Do 1-3 sets per session.  
 Do 1-3 sessions per day.

CERVICAL SPINE - 30  
 Lower Cervical/Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds.

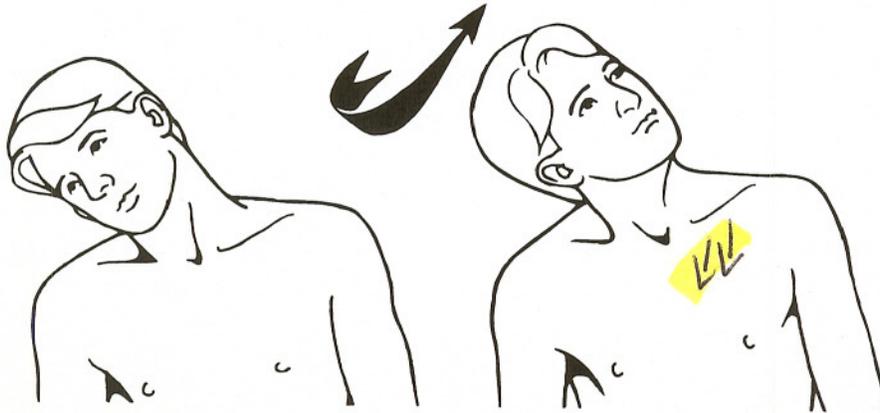


Repeat 2 times per set. Do 3 sets per session. Can be done once every hour.

If you feel any tenderness or soreness while performing these exercises, stop and contact your therapist before continuing with this routine.



## CERVICAL SPINE - 39 Upper Cervical Rotation Mobilization

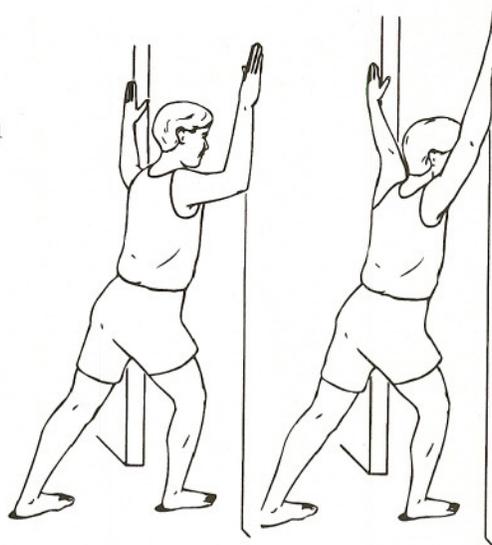


Tilt head as far as possible to the right. Turn face into shoulder then up again while maintaining the side-bent position. Hold the same side collar bone down with hands.

Repeat 2-3 times per set. Do 2-3 sets per session.  
Do 2-3 sessions per day.

## CHEST - 6 Pectorals

With arms forming a T, lean forward until stretch is felt. Hold 30 seconds. Slide arms up to form a V and repeat the stretch.



• 1 OR 2  
ARM

Repeat 2-3 times.  
Do 2-3 sessions per day.

If you feel any tenderness or soreness while performing these exercises, stop and contact your therapist before continuing with this routine.