

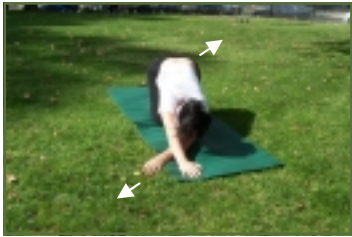


### 10. Gluteal Stretch

Put left foot on right knee, draw right thigh toward chest. Stretch should be felt in left buttock

### 11. General Spinal Stretch

Adopt position making sure head follows arm angle



### 12. Gentle Spinal Twist

Position as above, place arm across and under. Lean body weight diagonally and back

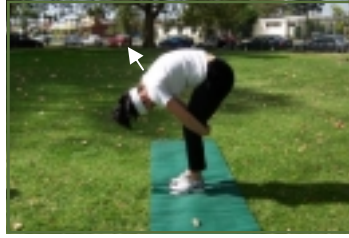
### 13. Downward Dog

Adopt position making sure head follows arm angle. Attempt to flatten feet on ground.



### 14. Quadriceps Stretch

Adopt position. Stretch will be felt in front of thigh when tail is tucked under and trunk elongated

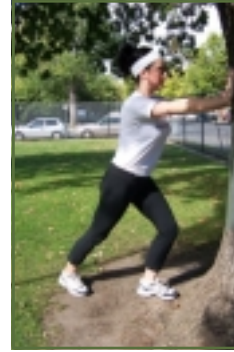


### 15. Standing Low Back Stretch

Standing, place hand under knees, pull in direction of arrow

### 16. Calf Stretch

Adopt position. Stretch back leg, easing heel to ground



### 17. Core Strengthening

Adopt position. Push low back toward the ground and lower abdominals should contract

### 18. Neck Traction

Lying down, place a rolled towel under neck working your way towards 5-10 minutes of traction.



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## the importance of flexibility..

Flexibility is necessary for the improvement and maintenance of postural alignment, the enhancement of proper and graceful movements, and in facilitating and developing motor skills.

Flexibility decreases your risk of injury, decreases your chance of osteoarthritis (wear and tear), improves coordination and reduces muscle soreness and muscle fatigue.

Consult your chiropractor before performing any new exercise or exercise technique, particularly if you are pregnant or breastfeeding, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques in this brochure is at the reader's sole discretion and risk.

## general rules...

**Do all exercises gently**

**Don't over stretch**

**Take slow continuous breaths as you stretch, trying to increase the stretch gently as you breath out**

**All stretches should be repeated 3-5 times**

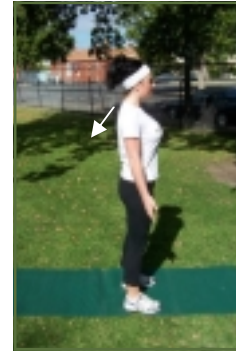
**Stretches should be held for a minimum of 20-30 seconds and do NOT bounce**

**Repeat stretches on both sides**



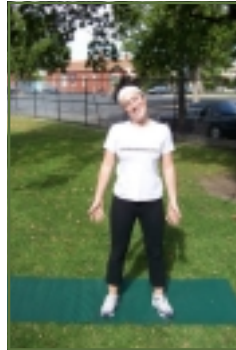
### 1. Breugers Position

Feet shoulder width apart, shoulders down and back, neck elongated (think tall). Tuck your tail under.



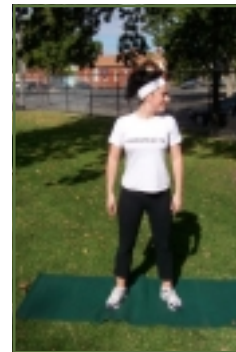
### 2. Lateral Flexion

Gently move ear toward shoulder.



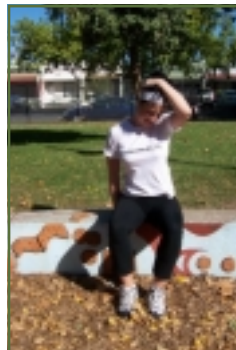
### 3. Rotation

Turn head to look over shoulder



### 4. Advanced Neck Stretch

Place hand under buttock. With opposite arm draw nose toward shoulder



### 5. Tricep Stretch

Stand tall. Draw elbow downward.



### 6. Groin Stretch

Adopt position. Sit tall, gently ease knees to ground with hands.



### 7. Hamstring Stretch

Lying on back (keep back flat and head on ground) slightly bend knee, elevate opposite leg toward chest. Keep knee slightly bent.



### 8. Single knee raise

Lying on back (keep back flat and head on ground) pull knee in toward chest



### 9. Knee to chest

Lying on back (keep back flat and head on ground) draw both knees to chest

