

## Stretches, exercises and mobilization for the spine and corresponding muscles following Chiropractic correction

### 1. A) Supine psoas and hamstring stretch

While lying on your back, gently pull one knee toward your chest while holding opposite hip toward the floor (similar to end position below). Hold for 10 sec, 3x. Repeat on opposite side.

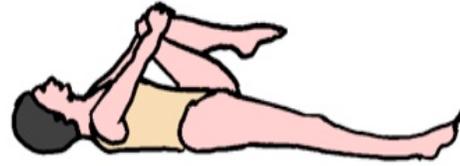
### 1. B) Psoas lengthening

From the start position below, inhale and press your lower spine into the floor. Exhale while you slowly straighten your right leg along the floor- keeping contact. Inhale again and then exhale and bring leg back to starting position. Repeat 2-3x/side.

**Psoas Stretch, Start Position**



**Psoas Stretch, End Position**



**Diagram: The Psoas and Iliacus**



### 2. Supine spinal erectors stretch

Lie on your back with both feet on the floor keeping lower back pressed down into the ground. Bring both knees toward one side only until you feel a stretch—don't force past there. Try keeping your opposite hip toward the floor (it will most likely not be on the floor). Hold for 10 seconds, repeat on opposite side. Do 1 set of both sides 3x.



### 3. Standing psoas stretch

In position shown below, you should feel a stretch at the front of the right hip when you shift into the second position. Hold abdominals in and do not arch your back. Hold for 10 seconds. Repeat on opposite side.

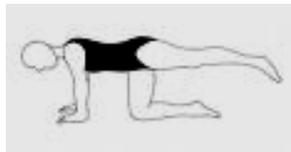
*Added challenge:* To stretch hamstrings, come up on back leg and straighten front leg. Lean body forward gently, keeping hips square and knees slightly bent.



### 4. A) Posterior core strengthening exercise – “Bird Dog”

In the hands and knees position, hold lower back neutral and stomach tight. Lift one leg out straight behind you. Hold for 5 seconds- set of 3 reps. Repeat opposite side.

*Added challenge:* Lift opposite arm and leg at the same time. Increase time as you get stronger.



### 4. B) “Superman”

Lying on stomach, arms overhead (like Superman!) lift arms head and chest off the ground. Hold 5 seconds and repeat 5x.

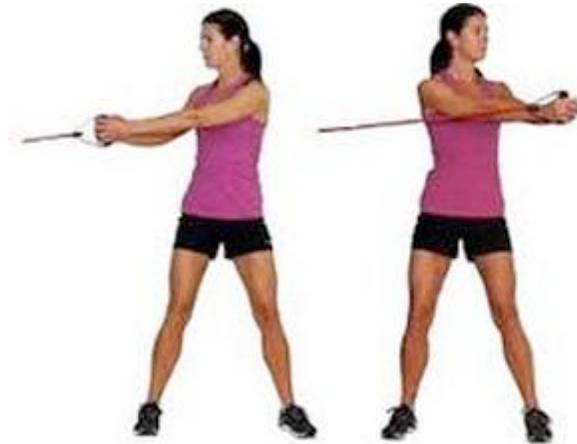
### 5. Mobilization: “Cat and Camel” exercise, Child’s pose

In the hands and knees position, round your back up and lower head, hold for 3 seconds, then arch your back down and raise head, hold for 3 seconds. Repeat 10 times, increasing reps as you get stronger. *Added bonus:* Start and end in child’s pose.



#### **6. Spinal Rotation exercise**

Using a band or cable universal machine, stand with feet pointing straight ahead and right shoulder facing attachment of band/cable. Holding band in both hands with arms extended and at a 45 degree angle, rotate arms and upper torso 90 degrees, stretching the band tighter and feeling rotators in stomach and along spine contract- hold 5 seconds. Keep abdominals tight the whole time, navel in and slowly return hands to starting position. Repeat 10x, then switch sides.



#### **4. Neck spasm active release**

Sitting comfortably, shoulders relaxed, rotate your head as far as comfortable to the right using your right hand to press against your right cheek bone- adding slight resistance to the move. Repeat 3x, then do the left side.

Now do the same thing with lateral bending- right ear to right shoulder- without raising your shoulder and with the right hand for resistance. Repeat 3x, then try the left side.

**Please do not hesitate to call with any questions or concerns.**

**Noel S. Cappillo DC PC  
148 Linden St., Suite 101  
Wellesley, MA 02482  
781-237-5118**