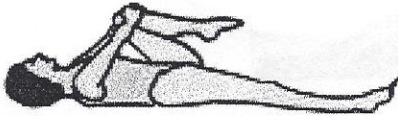


Stretches and exercises for the lower back following Chiropractic correction

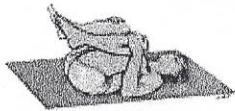
1. Supine psoas and hamstring stretch

Gently pull one knee toward your chest while holding opposite hip toward the floor. Hold for 10 seconds- set of 3 reps. Repeat on opposite side.



2. Supine spinal erectors stretch

Lying on your back, bring both knees toward your chest and hold for 10 seconds. Then return hips and knees to a 90 degree angle with feet on the floor. Let both knees fall to one side holding your opposite hip toward the floor. Hold for 10 seconds- set of 3 reps. Repeat on opposite side.



3. Standing psoas stretch

In position shown below, you should feel a stretch at the front of the hip of the leg behind you. Move your body forward to deepen the stretch being careful not to arch your back. Hold abdominals in to protect your lower back. Hold for 10 seconds- set of 3 reps. 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.



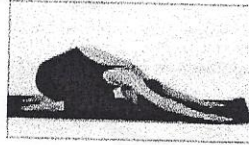
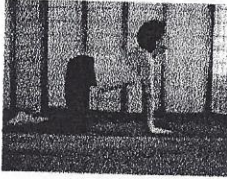
4. Core Strengthening exercise

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.



5. "Cat and Camel" exercise

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



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

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