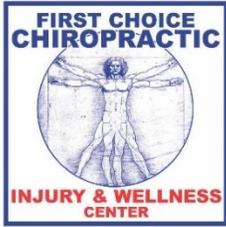


Patient Name: _____

Date: _____



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EXERCISES FOR IMPROVING BACK FLEXIBILITY

**Repetitions, Sets and Hold Times: Do 5-10 repetitions each, Hold for 10-30 seconds, Perform 1-3 sets each.*

PELVIC TILT

1. Lie on your back with your knees bent
2. Breathe in deeply
3. Breathe out completely
4. Flatten your back against the floor by rotating your hips



STARTING POSITION



PELVIC TILT-BY ROTATING PELVIS

MAD CAT

1. Get on all fours
2. Arch your back upward like a dome, feeling the stretch in your back muscles.
3. Return to the level position
4. Let your back sag downward farther and arch your head back.
5. Return to level position.
6. Get on all fours
7. Arch your back upward like a dome, feeling the stretch in your back muscles.
8. Return to the level position
9. Let your back sag downward farther and arch your head back.
10. Return to level position.
11. Repeat three times



SLING STRETCH

1. Lie on your back with your legs straight out.
2. Bring your right leg toward your chest by holding your knee with both hands. Stop as you feel tightness and before you feel pain. Be sure to keep leg out straight for full benefit of this exercise.
3. Breathe in deeply.
4. Breathe out slowly.
5. Feel the muscle loosen.
6. Take up slack by pulling your leg tighter to your chest.
7. Back off stretch a bit.
8. Repeat three times with the right leg.
9. Then exercise left leg.



TWO CONVENIENT
LOCATIONS:

KNEE TO CHEST

1. Lie on your back with your knees bent.
2. Get in the Pelvic Tilt position.
3. Bring your right leg toward your chest by holding your knee with both hands. Stop as you feel tightness and before you feel pain.
4. Breathe in deeply.
5. Breathe out completely.
6. Feel the muscle loosen.
7. Take up slack by pulling your leg tighter to your chest.
8. Back off stretch a bit.
9. Repeat three times with the right leg.
10. Then exercise the left.



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