

Patient Name: _____

Date: _____



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Brett M. Herrington, D.C, P.A.
Ravi Rai, D.C.
Craig Cusson, D.C



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STRETCHES FOR IMPROVING BACK FLEXIBILITY #2

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

HAMSTRING STRETCH

1. Lie on your back. Keeping your left knee straight or slightly bent, lift that leg of the floor as far as you comfortably can.
2. Grasp the back of your left knee or calf. Or grasp a towel draped behind your knee or calf. Keeping your leg fairly straight, slowly pull it toward your chest. Hold for 10-30 seconds.
3. Repeat 5-10 times, then switch sides. Do 1-3 sets a day.



HIP ROTATOR STRETCH

1. Lie on your back with your knees bent.
2. Rest your right ankle on your left knee.
3. Place a towel behind your left thigh and use it to pull the knee toward your chest. Feel the stretch in your buttocks.
4. Hold for 10-30 seconds.
5. Repeat 5-10 times, then switch sides. Do 1-3 sets a day.



QUADRICEP'S STRETCH

1. Stand arm's length from a wall. Look straight ahead,
2. Place your right hand against the wall. Grasp your left ankle with your right hand. Pull up gently.
3. When you feel the stretch in your left thigh, hold for 10-30 seconds.
4. Repeat 5-10 times, then switch sides. Do 1-3 sets a day.



LOWER BACK ROTATION

1. Lie on your back with your knees bent.
2. Gently drop both knees to the left side
3. Turn your head to look in opposite direction. Hold for 10-30 seconds.
4. Repeat 5-10 times, then switch sides. Do 1-3 sets a day.



TWO CONVENIENT
LOCATIONS:

FCC: 2575 HARN BLVD CLEARWATER, FL 33764 P:727-535-7799
SS: 8400 113th ST SEMINOLE, FL 33772 P:727-201-4549