

Do these stretches in rhythm to your breathing.

1. While lying on your back flex the feet at the ankle towards the head and away from the head.
2. While lying on your back move the feet at the ankle left then right.
3. While lying on your side bring leg back until stretching is felt at hip. If you can, grab the ankle with your hand and pull it back. Do both sides.
4. While lying on your back or side bring knee to chest. Do both sides.
5. While lying on your back contract your abdominal muscle (like a sit up but you do not need to sit all the way up).
6. While sitting with feet flat on the floor and back straight extend your arm and point your index finger. Make circles with the whole arm (working the rotator cuff) while following your index finger with your eyes without moving your head (stretching your eye muscles).
7. While sitting with your feet flat on the floor and your back straight exhale while tightening your abdomen and bend at the waist until the muscle in your low back feels stretched. Inhale as you straighten.
8. While sitting with your feet flat on the floor and your back straight extend arms out to the side as you exhale swing your arms at the shoulder until your hands meet in front of you. As you inhale, swing your arms at the shoulder out as far as they go comfortably (do not jerk).
9. While sitting with your feet flat on the floor and your back straight extend arms out to the side as you inhale swing your arms at the shoulder until your hands meet over your head. As you exhale swing your arms at the shoulder back to your side.
10. While sitting with your feet flat on the floor and your back straight exhale as you flex your head at the neck toward your chest. As you inhale extend your head at the neck toward your back.
11. While sitting with your feet flat on the floor and your back straight flex your head at the neck to the right and then to the left. Inhale on one side and exhale on the other.
12. While sitting with your feet flat on the floor and your back straight rotate your head at the neck in circles, first in clockwise then counter-clockwise.
13. While lying on your back relax every muscle in your body for the same number of breaths as the number of repetitions on each stretch.

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