

Staying Active While Staying Healthy

AN EVERYDAY STRETCHING GUIDE



Introduction

From long days in the office to strenuous exercise, our muscles and joints often get stiff and sore if they're not properly taken care of. A regular stretching routine helps to prevent common aches, pains and even injuries. We've gathered our favorite everyday stretches to keep the neck, shoulders, back, hips and knees feeling good and functioning properly!

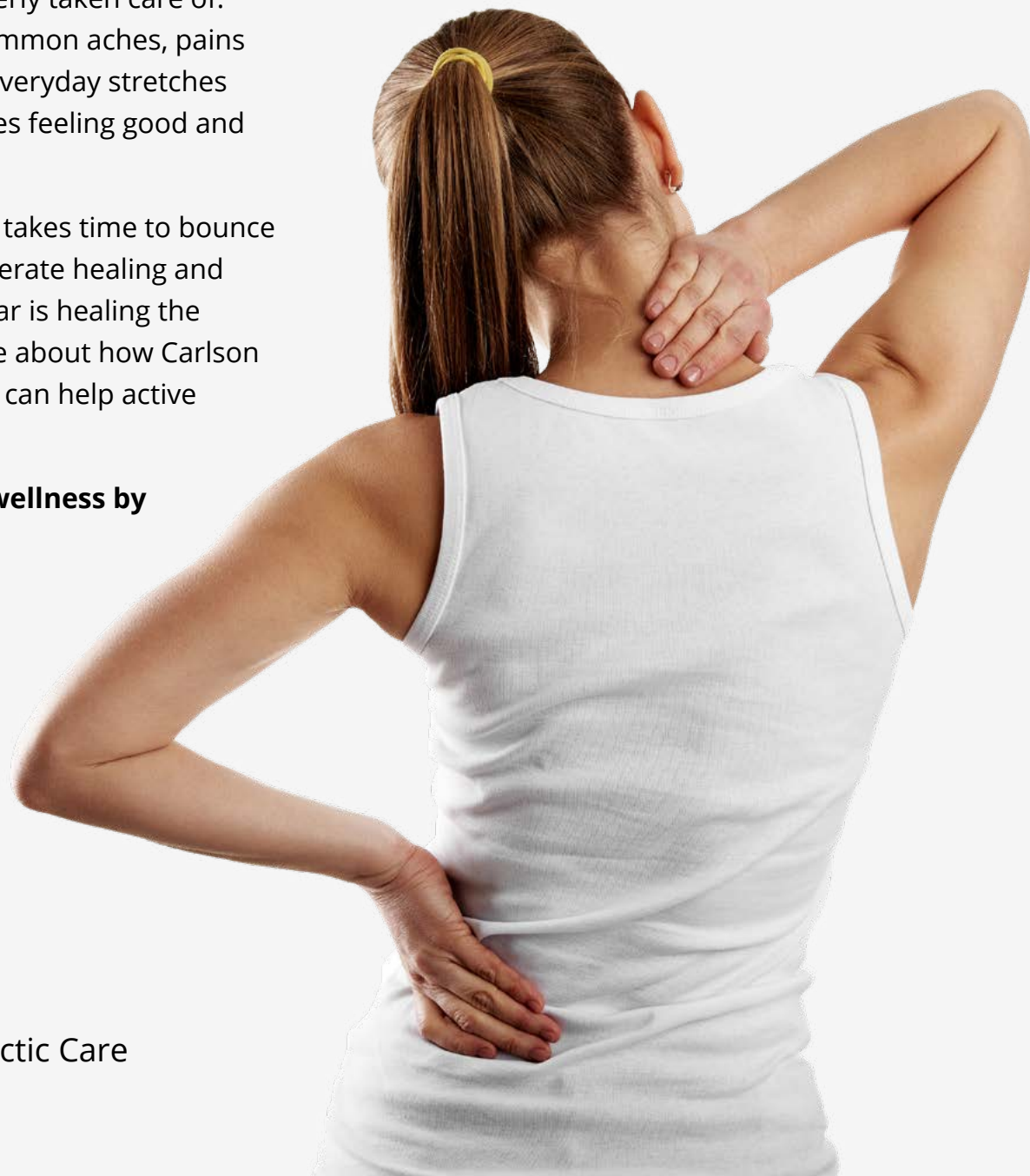
However, when and if the inevitable happens, it takes time to bounce back. The benefits of chiropractic care can accelerate healing and bring peace of mind that the strain, sprain or tear is healing the right way. Schedule a consultation to learn more about how Carlson Chiropractic Center treats common injuries and can help active people maintain whole-body health.

Take the first step to achieving whole-body wellness by adding these stretches to your daily routine!

What's Inside

PAGE SECTION

- 3** | Neck Stretches
- 5** | Shoulder Stretches
- 7** | Lower Back Stretches
- 9** | Hip Stretches
- 11** | Knee Stretches
- 13** | Benefits of Stretching and Chiropractic Care



Neck Stretches

Daily activities put a lot of strain on the neck. Whether it's from spending too many hours hunched over at a desk or improper exercise form, neck pain is a pain. Stretching regularly can help relieve neck tension and avoid serious muscle strains.



CHIN TUCK

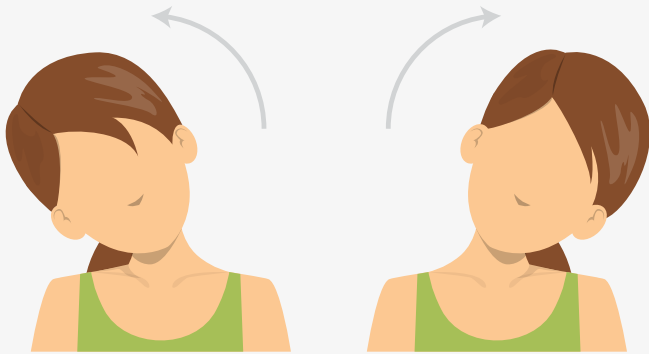
- 1 Start at a comfortable seated position with feet firmly on the ground and arms at rest.
- 2 Sit straight and tall with the crown of the head elevated.
- 3 Keeping the lower body still, pull the chin back to move the head slightly without arching or bending the back.
- 4 Hold for 5 seconds and complete five repetitions of this motion. *Repeat throughout the day.*



NECK ROTATIONS

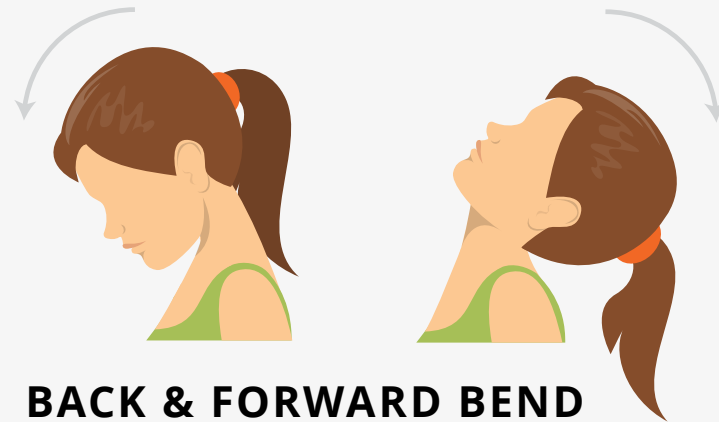
- 1 Start in a seated position, with the head tall and spine straight.
- 2 Move the head to the right with the chin parallel to the shoulder and hold for five seconds.
- 3 Move the head to the left with the chin parallel to the shoulder and hold for five seconds. *Perform this neck stretch for at least five repetitions on each side.*

Neck Stretches



LATERAL NECK FLEXION

- 1 From a seated position, sit up tall with a straight spine.
- 2 Looking forward and keeping the shoulders neutral, lean the head sideways, bending the neck and pushing the ear toward the shoulder. The goal is to stretch the neck toward the shoulder without lifting the shoulder to the ear.
- 3 Hold for a few seconds then return to the starting position.
- 4 Repeat on the other side. *Perform six repetitions on each side a few times throughout the day.*

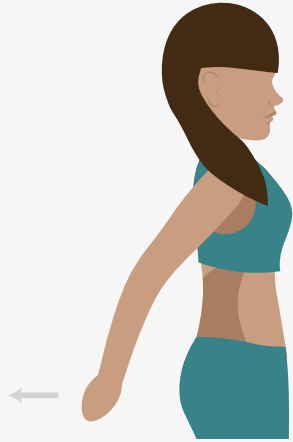


BACK & FORWARD BEND

- 1 From a seated position, look down, bending the head and neck forward and pulling the chin close to the chest.
- 2 Hold for a few seconds and repeat in the opposite direction to stretch the neck backward, looking up at the ceiling. *Repeat ten to twenty times throughout the day.*

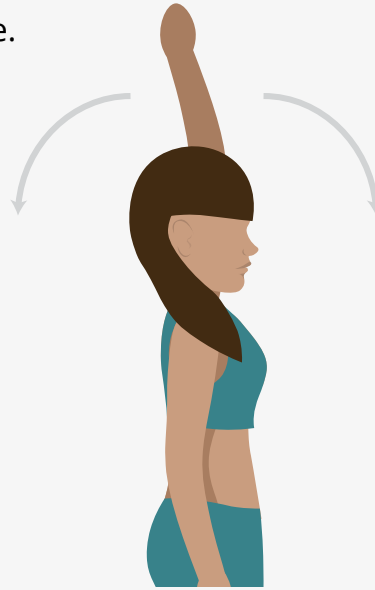
Shoulder Stretches

Shoulder injuries are common and often hard to isolate, but a good stretching routine can prevent joint damage. Stay in the game with these shoulder stretches!



SHOULDER EXTENSION

- 1 Begin in a standing position with both arms down in a neutral position.
- 2 Slowly extend the hand of the affected shoulder as far back as the body allows without aggravating the area or exceeding any pain thresholds.
- 3 If no pain is felt, extend the hand back until a point of stiffness is reached then slowly bring the arm back down into a neutral position. *Repeat five to ten repetitions.*



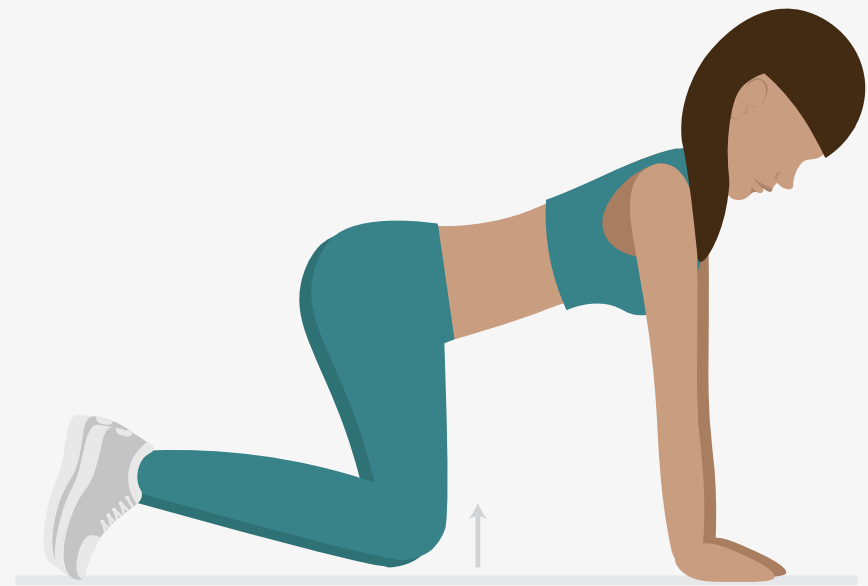
WALL ROTATION STRETCH

- 1 Start with the body perpendicular to a wall with the affected shoulder pointed towards the wall.
- 2 Place the palm of the hand on the wall, parallel to the hip then rotate the fully stretched arm in a clockwise motion up the wall.
- 3 Once a full rotation has been made, reverse in a counterclockwise motion bringing the arm back to the starting point. *Repeat five forward and reverse repetitions.*

Shoulder Stretches

BEAR SHOULDER STRETCH

- 1 Start on the ground or on a mat with the body in a tabletop or bear position. *Hips stacked over knees and hands under shoulders.*
- 2 With the feet flexed and toes tucked into the mat, bring the knees off the ground. *Make sure that the ankles and balls of the feet are stacked on the toes to avoid excess pressure. The knees should be able to rotate in or out a bit.*
- 3 Hold the knees up while maintaining a straight and stretched back and neck. Hold for ten seconds and relax. *Repeat five times.*



Lower Back Stretches

Low back pain is common; proper stretching habits may keep back pain at bay and help prevent further injury to the spine and muscles that support your back. These lower back stretches are a great way to relieve sciatica or radicular pain, but if your pain worsens or continues down one side of the leg, stop stretching and rest. If pain continues to shoot down the leg, make sure to contact your chiropractor.

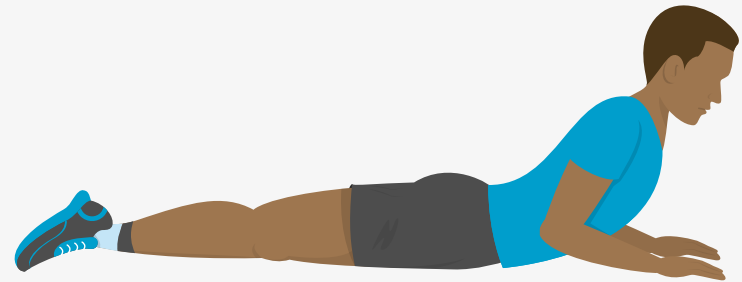
STANDING LOWER BACK EXTENSION

- 1 Standing straight with feet shoulder-width apart, pull the arms back to place fists on both sides of the spine just above the hip bones.
- 2 Lean back into the fists as far as comfort allows.
- 3 Hold for a few seconds and then return to a standing position to rest. *Repeat five times.*



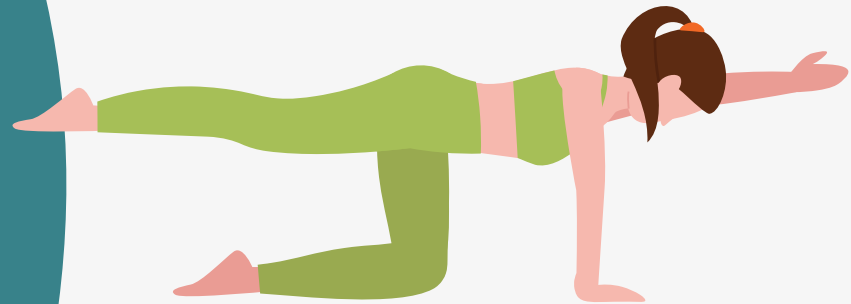
LAYING LOWER BACK EXTENSION

- 1 Start facedown on the stomach with the elbows bent and the palms lying flat, directly under the shoulders.
- 2 Push the upper body up and back to slightly bend the back.
- 3 Relax the legs and glutes and hold for 30 seconds or as long as comfortable. *Relax and repeat a few times.*

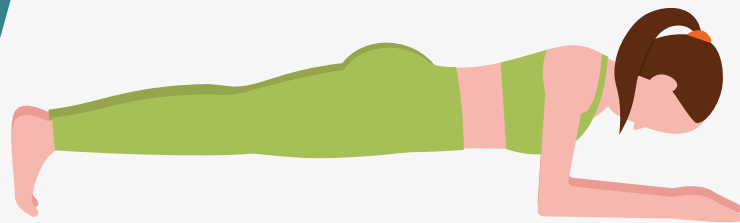


Bonus Tip

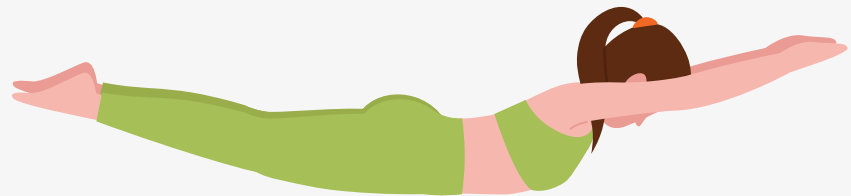
While stretches are a great way to prepare for and recover from being active, **the best prevention of back pain includes strong core and back muscles.** Some great exercises to strengthen the core and lower back and reduce back pain include bird dogs, planks and supermans.



Bird dogs



Planks



Supermans

Hip Stretches

Hip stretches are the hidden key to easing lower back pain. Keeping hips agile and flexible allows the gait to stabilize and relieves strain on the lower spine.

HIP EXTENSION

- 1 From a standing position, lower to the ground on the knee of the affected hip. If the left hip is affected, the left knee will be on the mat, and the right knee will be bent with the right foot on the floor in front of the body.
- 2 Lean the body forward into the upright knee, pulling the hip closer to the ground while keeping your head and spine straight.
- 3 For a deeper stretch, place the hand on the affected hip and push the hip to flex further forward.
- 4 Hold in place for a few seconds and return to the resting position. *Repeat ten times. Perform this stretch a few times per day!*



Hip Stretches

90/90 HIP STRETCH

- 1 Start in a seated position on the ground.
- 2 Bend one leg in front of the body at a 90-degree angle, with the hip rotated outward. The knee and toe should be pointed forward.
- 3 Bend the opposite leg beside you at a 90-degree angle, with the hip rotated inward. The knee and toe should be pointed sideways.
- 4 With both hands on the ground, gently pull the body forward, leaning into the forward-facing knee down without bending the spine.
- 5 To fully stretch the hips, keep a straight spine and lean slightly towards the forward-facing knee, but not over the knee.
- 6 Hold this hip stretch for a few seconds and return to the starting position.



Knee Stretches

The knees are a vital joint for overall mobility and athletic performance. When those joints get achy or the dreaded “runner’s knee” gets you down, frustration can often ensue. Regular stretching helps strengthen the joints, reduce pain and prevent injury. If knee pain continues or worsens, discontinue and contact a doctor.



KNEE EXTENSION

- 1 From a seated position, fully extend the leg. If recovering from an injury, extend the leg according to pain tolerance.
- 2 Once extended, flex the quad muscle to engage the knee stretch by pulling the toes up and pushing the heel out.
- 3 Hold the stretch for a couple of seconds and return to the resting position. *Repeat for five to ten repetitions per leg and repeat for about five sets per day.*

KNEE FLEXION

- 1 Start from a lying position on the back.
- 2 Bend one knee as far as possible, lifting it above the waistline towards the chest.
- 3 Reach both arms up to wrap around the leg and apply pressure to stretch.
- 4 Hold for a few seconds and release to rest.
- 5 Repeat five times and complete three sets per knee. *Again, be respectful of pain thresholds and do not exceed any comfort limits.*

Knee Stretches

STANDING QUADRICEP STRETCH

- 1 Start in a standing position with a stationary object nearby for stabilization, if needed.
- 2 Lift one foot backward, bringing it towards the glutes.
- 3 Wrap a hand around the lifted foot and pull it towards the glute to stretch the front of the thigh.
- 4 Hold for 10 to 20 seconds. Repeat the knee stretch with the other foot.



Benefits of Stretching and Chiropractic Care

Stretches keep the muscles and joints in optimal shape. Maintaining a regular stretching routine can keep the body in peak condition and minimize the risk of injury. However, if injury or soreness continues, consider a chiropractic team to guide an active and effective recovery process. A chiropractic team can develop a specific plan to speed up recovery from an injury. The Carlson Chiropractic team works with various ages and skill levels to keep every patient active and healthy. From keeping kids in the game to optimal sports performance of adults, the benefits of chiropractic care keep our patients moving.

SCHEDULE A CONSULTATION TODAY!



2318 E. 32nd Street, Suite B | Joplin, MO 64801
417.781.6300 | joplinchiro.com

