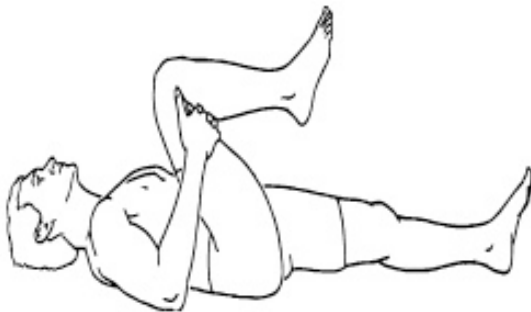




1) Prayer stretch: Sit back on your heels and reach forward, overhead. Hold 10 seconds. Repeat 5 times.



2) Trunk rotation: Keep your back flat and feet on the ground. Rotate your knees to one side and hold for 5 seconds. Return to the starting position. Repeat 5 times each side.



3) Single knee to chest: Clasp your hands behind one knee. Pull your knee towards the opposite side of your chest until a comfortable pull is felt in the lower back and/or buttock. Stay relaxed. Hold 10 seconds. Repeat 3 times each side.



4) Double knee to chest: Clasp your hands behind your knees. Pull both knees towards the opposite side of your chest until a comfortable pull is felt in the lower back and/or buttock. Stay relaxed. Hold 10 seconds. Repeat 3 times each side.



5) Pelvic tilt: Flatten your back by tightening your stomach muscles. Hold 5 seconds. Now slightly arch your back to hollow the lower spine and tilt the pelvis the other way. Hold 5 seconds. Repeat cycle 5 times.

## Maristow Chiropractic Clinic

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