

Lower Body Stretches



Piriformis Stretch:

- Cross right leg over left leg and place foot on floor. Place left arm on outside of right thigh with body twisting away.
- Keep spine as straight as possible.
- Stretch should be felt in right buttock.



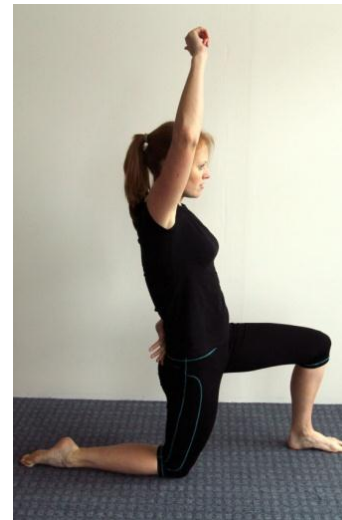
Glut Stretch:

- Place left ankle on right thigh with knees bent. Draw right thigh into chest and keep head on floor.
- Stretch should be felt in left buttock.



Hamstring Stretch:

- Place right foot in loop of towel and raise leg your leg up. Knee must remain straight and keep head on floor.
- Stretch should be felt in back of right thigh and can also be felt in back of right lower leg.

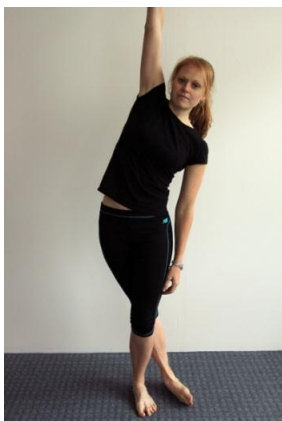


Hip Flexor Stretch:

- Tuck bottom forwards and keep spine straight.
- Place left hand on small of back and raise right arm.
- Push right hip forwards.
- Stretch should be felt at front of right hip.

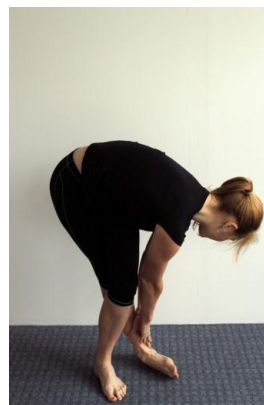
Stretches should be held for 30 seconds and if you feel any pain please consult your Chiropractor.
Perform stretches repeat on both sides.

Lower Body Stretches



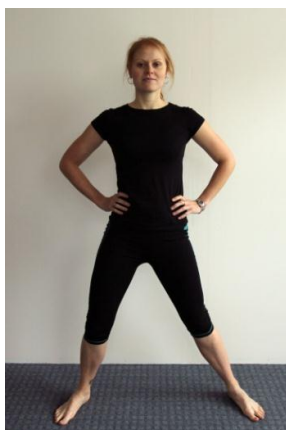
Abductor Stretch 1:

- Place right leg behind left leg and raise right arm up. Push right hip out.
- Stretch should be felt along right side of body.



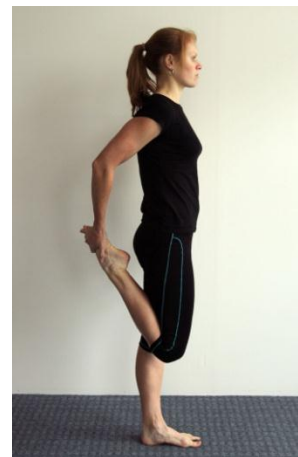
Abductor Stretch 2:

- Place right leg behind left leg and raise right arm up. Reach down towards right ankle.
- Stretch should be felt along right side of body.



Adductor Stretch:

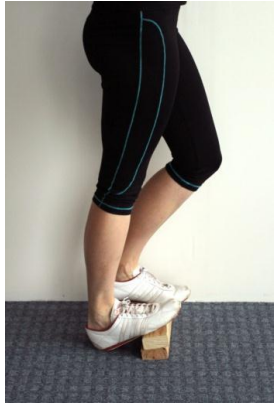
- Keeping spine and left leg straight lean towards your right leg.
- Stretch should be felt along left inner thigh.



Quadriceps Stretch:

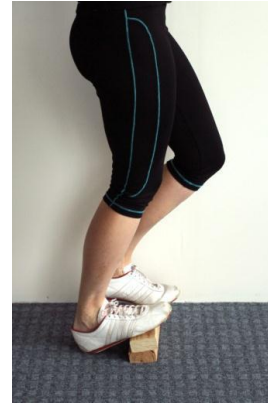
- Bring right foot towards buttock without tilting body forwards.
- Tuck bottom forwards.
- Stretch should be felt down front of right thigh.

Stretches should be held for 30 seconds and if you feel any pain please consult your Chiropractor. Perform stretches repeat on both sides.



Calf Stretch 1:

- Place ball of right foot on a step and sink into heel, keeping knee straight.
- Stretch should be felt in back of right lower leg.



Calf Stretch 2:

- Place ball of right foot on a step with knee slightly bent, sink into heel.
- Stretch should be felt in back of right lower leg.

Stretches should be held for 30 seconds and if you feel any pain please consult your Chiropractor.
Perform stretches repeat on both sides.