

Lowey Chiropractic Health Centre

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DO THESE EXERCISES 2 TIMES PER DAY (ONCE IN THE MORNING AND ONCE IN THE EVENING). IF THEY CAUSE PAIN, DISCONTINUE AND CONSULT YOUR DOCTOR.



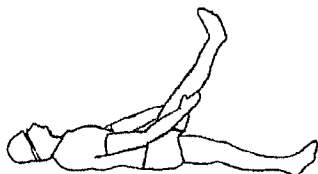
1) PELVIC TILT – While lying with knees bent, tighten the abdominal and buttock muscles to flatten the small of your back against the floor. Repeat 5 times, holding each for a count of 5.



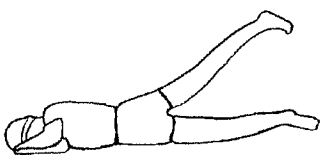
2) PELVIC LIFT – While lying with knees bent and feet close to buttocks and knees together, flatten your low back against the floor. Keeping the small of your back flat, lift your hips up into the air slowly. Repeat 5 times, holding each for a count of 5.



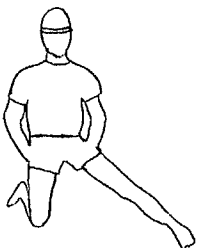
3) KNEE CHEST – Lie on your back and draw one knee up towards the chest, keeping the other leg straight. Tuck the chin towards the knee. Do this on the right, then the left, then with both knees at the same time. Repeat each 5 times, holding each for a count of 5.



4) HAMSTRING STRETCH – Lie flat on your back and raise one leg up straight, pulling behind the knee with both hands. The raised leg should be as straight as possible. You should feel a stretch behind the thigh. Repeat both sides 5 times, holding each for a count of 5.



5) SIDE LEG LIFT – Lie on your right side and tilt the left hip forward slightly. Lift the left leg up, keeping the left toe pointing down. You should feel a pulling in the left buttock muscle (not the front of the thigh). Repeat 5 times on each side.



6) GROIN STRETCH – Kneel on the floor with one leg extended out to the side as far as possible, keeping the knee straight and the arch of the foot on the floor. Slide your foot along the floor until you feel the stretch of the muscles inside your thigh. Do this slowly and hold for a count of 5. Repeat 5 times on each leg.



7) 1/2 SIT-UPS – Lie flat on the floor with knees bent and feet close to your buttocks. Keeping the low back flat on the floor at all times, slowly raise your head and shoulders off the floor and then slowly lie back down. Your doctor will give you more specific instructions and variations of this exercise when you are able.