



CLEARBROOK CHIROPRACTIC CLINIC

Big Six Back Stretches

Child's Pose Stretch



Step 1

Begin in a kneeling position with knees slightly apart.



Step 2

Crawl your hands forward, your arms long and in front of you.



Step 3

Allow your torso to relax onto your thighs and your forehead to rest on the ground. Breathe here for at least three deep breaths, aim for 30 seconds if it is comfortable to do so.

Cat-Camel Stretch



Step 1

Begin on all fours with your hands beneath your shoulders and your knees under your hips.



Step 2

Round your upper back using your abdominal muscles to push your back up toward the ceiling while looking down. This makes the shape of a angry cat or camel's hump. Hold 5 seconds, return to step 1 and repeat several times



Step 1

Start by lying on your back with your knees bent and your feet flat on the ground.



Step 2

Bend your right knee and cross your right ankle over your left thigh, keeping your right foot flexed.



Step 3

Lift your legs towards your chest and raise your chest enough to thread your right arm through the keyhole of your legs. Take hold of your left thigh with both hands.

Allow your back and head to fall back onto the ground and reach your right knee away from your body; your left leg can be straight or bent. Take at least five deep breaths in this position.

Rotation Stretch



Step 1

Start by lying on the ground. Hug your right knee into your chest.



Step 2

Take your left hand to your outer right thigh, and guide your right knee to the left.



Step 3

Reach your right arm out to the right on the ground. You can maintain a neutral neck or, if you want to, you can look to the right. You can keep your left hand on your right thigh to allow its weight to ground the right leg, or, if you prefer, stretch your left arm out to the left so that your arms form a single continuous line. Don't force your leg to the ground if it is painful, hold the stretch in a comfortable position. Stay in this position for a count of at least five deep breaths, then repeat on the other side.

Warrior Stretch



Quad Stretch



Warrior 1

Step 4-5 feet apart. Turn your right foot to face forward, and the left foot to face the side of the mat. Align the front heel with the arch of your back foot. Keep your pelvis forward. Press your weight through your back heel. Exhale, and bend your forward knee till your shin is perpendicular to the floor. Reach your arms to the ceiling, framing your face. Look up slightly, opening your chest, and breathe here for at least three deep breaths, then repeat on left side.

Warrior 2

Similar stance to warrior one. Now open your arms, one arm reaching back and the other reaching forward. Palms face down. Keep your right knee at a 90-degree angle, in line with your right ankle. Drop your shoulders away from your ears, tuck your tailbone, and knit your front ribs in. Gaze is over the middle finger of the front hand. Stay here for at least three deep breaths and then repeat on other side.

Quad Stretch

Stand tall with your feet shoulder-width apart and your hands resting at your sides. Bend one knee, bringing your foot toward your butt, grabbing your ankle and gently pulling it toward your butt for an extra stretch. Push your pelvis forward to get a even deeper stretch. Hold, then return to the starting position. Repeat on the opposite side.