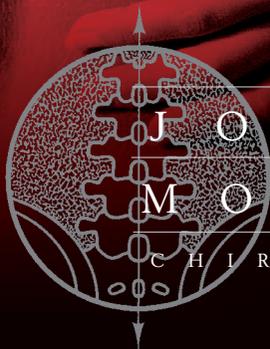


CORRECTIVE
CHIROPRACTIC
EXERCISES



J O W E T T &
M O U L T O N
C H I R O P R A C T O R S

INTRODUCTION

This booklet, presented by Jowett and Moulton Chiropractors, is designed to provide you with a general guide to corrective exercises that will assist you in the health of your spine.

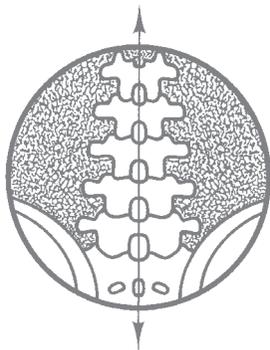
Incredibly, spinal health issues affect nearly four in every five Australians. It's a staggering figure and, as Chiropractors with over 20 years of experience treating patients in Melbourne, we hope this booklet can go some way toward alleviating the spinal issues many people in our community face.

People have varying opinions on what exercises are 'correct' and 'incorrect'. It's our belief that the exercises described in this booklet are 'safe'. The exercises are designed to assist with your recovery and maintain the correction achieved by your Chiropractic adjustment.

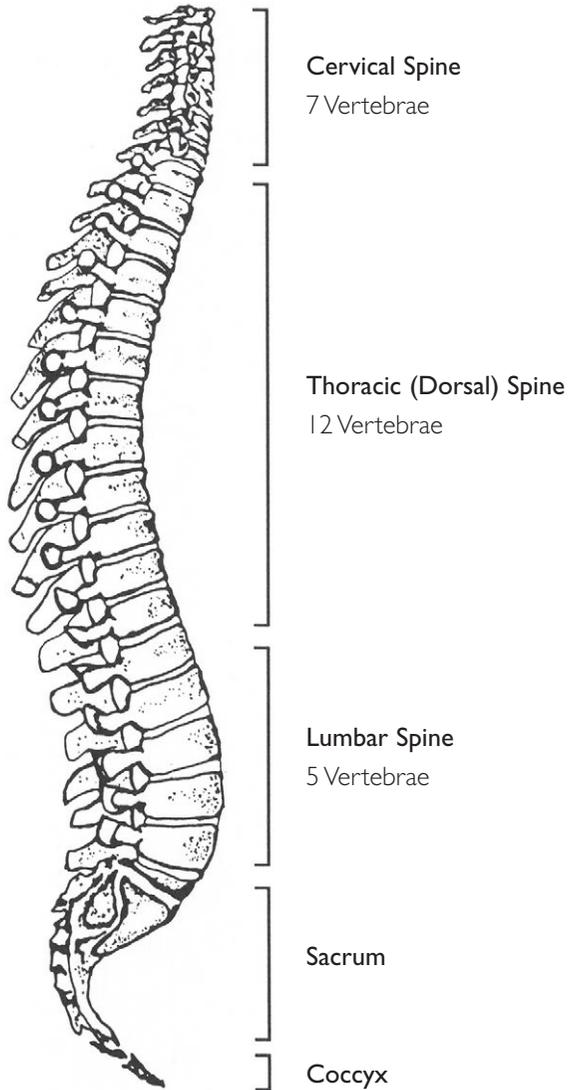
It's likely that we'll recommend several exercises herein, and will provide you with some guidance on the amount of exercise you should do, how many repetitions are suitable and how long you should continue with the exercise program.

If you have any questions at all about any of the exercises in this booklet, please don't hesitate to contact Jowett and Moulton.

CORRECTIVE
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THE HUMAN SPINE



HOW TO MAXIMISE YOUR SPINAL AND GENERAL HEALTH

- When bending, bend at the knees. This is especially important upon repeated lifting, for example, children.
- Don't lift objects heavier than you can lift with ease. Get help if the object is too heavy or awkward.
- Carry objects as close to your body as possible. Try to avoid carrying parcels or babies on your hip. If you must carry the load on one side, alternate sides regularly.
- For school children, backpacks are the best way of carrying schoolwork. If shoulder bags or handbags are used, regularly change it from shoulder to shoulder.
- When working around the house or garden, avoid working for long periods of time consecutively. Take regular breaks and work within comfort levels. For example, when vacuuming, bend only at the knees and limit yourself to one room at a time.
- When standing stationary for long periods of time, reduce the stress on your lower back by resting one foot on a small object (100 to 150mm in height is ample). Alternate feet regularly and at times stand with your weight spread evenly on both feet.
- If you are required to work at a computer and/or desk for the majority of the day, it is essential to take regular breaks and stretch throughout the day. The neck exercises in this book are very simple and can be done many times while at work. We are not physically designed to sit down for four hours straight. If we do, symptoms will start to show, for example headaches, tight shoulders, tight neck, loss of movement, and pins and needles.
- Drink two litres of water every day, even more on hot days.
- Maintain a regular exercise and stretching routine.
- Be consistent with exercise, avoid doing rigorous exercise sporadically.
- Try to avoid sleeping with more than one pillow, and never sleep on a couch with your head resting on the armrest.
- Health is balance within the body and if you stress the body or work it too hard, then you must rebalance the body in the form of correct exercises and stretching.

CORRECTIVE CHIROPRACTIC EXERCISES

When to Exercise

Exercise during the day for better posture. Take deep breaths to maintain alertness. Exercise in the evenings to help fatigued muscles and restore circulation. Develop a regular exercise period for ten minutes each day at your convenience.

Caution Concerning Exercise

Too many people become discouraged with exercising because they did too much on the first day, leaving themselves stiff and sore so that they will not try it again. Fire can be used to heat your home and add comfort to your life and it can also be used to burn down your house and cause injury to you; exercise can also be both beneficial and harmful. So, if you are beginning an exercise programme for the first time, stop before you get too fatigued. If you have discontinued exercise for some time, start from the beginning or at least do less than you were doing before you stopped.

If you are stiff from exercising the day before, cut back on the number of exercises. Never unduly force a stiff muscle because you can injure it.

If any prescribed exercise causes pain either during or after its performance, discontinue that activity and consult your Chiropractor. Do only those exercises prescribed specifically for you.

Note: Spinal exercises cannot correct postural deficiencies that are congenital in origin. Generally, exercises will not correct spinal misalignments (subluxations).

When corrective Chiropractic adjustments are given to remove or ease the cause of particular health problems, these specific exercises will help in maintaining improved health by improving spinal stability.

STRETCHING AND FLEXIBILITY

Nature has a way of maintaining good muscle tone and flexibility, and that is by stretching. Watch a cat or dog after they have been resting – the first thing they do is stretch. Stretching is nature's way of maintaining the flexibility of joints, ligaments and muscles. After periods of inactivity, stretch to loosen tight ligaments and muscles and free slight joint restrictions.

When not used, connective tissue shortens and stiffening occurs. Stretching lengthens this tissue and allows it to relax. Stretching stimulates a richer flow of blood to the tissues, relaxing and 'limbering up' the large muscles and ligaments, making the body more flexible.

Bad posture and the ageing process can result in overstrain of muscles and ligaments. As you grow older, muscles become shorter and tighter (especially when not used) and lose tone. Inactivity can cause the same thing. A tightened or contracted muscle or ligament will reduce the range of movement in joints.

RECOMMENDED EXERCISES

EXERCISE 1



Knees to Chest

Lie on your back. Bend both knees and put a hand on each, then pull your knees to your chest.

Hold for approximately seconds.

Relax out to arm's length.

Do repetitions.

Repeat times per day.

EXERCISE 2



Sacroiliac Motion

Lie flat on your back, bend one knee and gently roll it over your straight leg, tucking your toes behind your knee. Use the hand on the straight leg side to hold it there.

Hold for seconds.

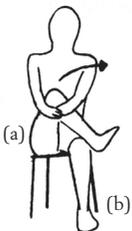
Make sure your shoulder remains flat on the floor and it is only the pelvis that rotates.

Repeat procedure for the other side.

Do repetitions.

Repeat times per day.

EXERCISE 3



Buttock (Piriformis) Stretch

Sit upright in a straight-backed chair and place the heel of one leg (a) on the knee of the other leg (b). Grasp the knee of leg (a) with both hands and pull it towards the opposite shoulder (the arm on the side you are pulling your knee towards should do most of the work). This exercise could also be done lying on your back.

Hold stretch for seconds and return to beginning.

Do repetitions.

Repeat times per day.

EXERCISE 4



Supine Hamstring Stretch

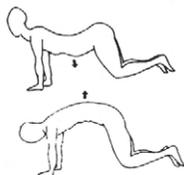
Lie on your back and support your thigh behind the knee. Pull your leg towards the chest then slowly straighten the knee until a stretch is felt in the back of your thigh.

Hold for seconds.

Do repetitions.

Repeat times per day.

EXERCISE 5



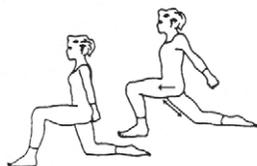
Trunk Arching

Kneel on all fours on the floor. Arch your back and drop your head, then slowly drop your abdomen and raise your head.

Do repetitions.

Repeat times per day.

EXERCISE 6



Stretching of Hip Flexors (PSOAS) and Anterior Thigh Muscles

Place the knee of the side to be stretched on the floor.

Place the foot of the other leg in front of you, pointing straight ahead, with the knee bent to approximately 90 degrees.

Clasp your hands behind you.

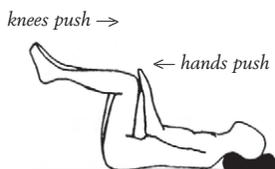
Slowly push the pelvis forward while gently leaning your upper body back.

Hold for seconds.

Do repetitions.

Repeat times per day.

EXERCISE 7



Isometric Abdominal Muscle

(a) Lying on your back, make sure your head is supported by a pillow. Bend your knees to 90 degrees and your hips to 90 degrees. Apply pressure slowly by pushing your hands into your knees without changing your knee position or angle.

Hold for seconds, then gently relax.

Repeat times per day.

(b) Oblique Abdominals: same set-up as above, except this time you put both hands on one knee and apply gentle resistance.

Hold for seconds.

Repeat times per day.

EXERCISE 8



Abdominal Curl

A basic exercise to help the abdominal musculature. Lie on your back with knees bent, feet flat on the floor, and your head rested on a small pillow between repetitions.

With your hands crossed on your chest, slowly raise your head and shoulders as one unit, making sure the lower tip of the shoulder blade stays on the ground. Hold briefly and then slowly return to normal position.

Repeat times per day.

EXERCISE 9



Obliques Side Bridge

(a) Lie on your side with legs one in front of the other: Get up onto your elbow (your hand stays on the ground). Slowly lift your torso up so that you are supported from your arm and your knees.

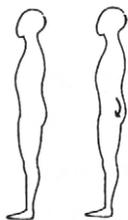
Hold for seconds.

Do repetitions.

Repeat times per day.

(b) As above, except only your feet and arm remain on the ground.

EXERCISE 10



Pelvic Floor

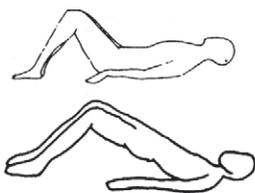
Standing upright, contract your buttock muscles (pushing them together) and try to “push” your pelvis forward. At the same time contract the muscles you would use to stop urinating midstream.

Hold for seconds.

Do repetitions.

Repeat times per day.

EXERCISE 11



Lower Back Bridge

(a) Lie on the floor with your knees bent. Slowly raise your buttocks and back off the floor (shoulders stay flat) until your torso is in line with your knees.

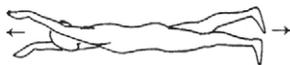
Hold for seconds then slowly lower down.

Do repetitions.

Repeat times per day.

(b) Same as above, except when you get your back up, slowly extend one leg until it is in line with your chest and thighs.

EXERCISE 12



Erector Spinae Strengthening

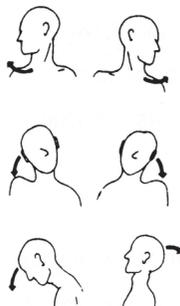
Lie on your stomach with your arms outstretched in front of you. Lift your right arm 5 centimetres off the ground and at the same time lift your leg (keep knee straight) 5 centimetres off the ground. While doing this, stretch your arm and leg lengthways.

Hold for seconds then repeat on opposite sides.

Do repetitions.

Repeat times per day.

EXERCISE 13



Neck Mobility Exercise

This exercise involves simply putting the neck through its full range of movement. It can be done sitting or standing, at any time of the day.

Bend your head forward as far as possible, bend it back as far as possible, turn it as far left and then right as possible, then put your left ear toward your left shoulder; right ear to right shoulder. Now repeat the sequence.

At all times do this exercise slowly and gently, attempting to put it to the extremes of movement.

Repeat times per day.

*Never roll the neck

Note: For an extra stretch with the side tilting, while seated, anchor your hand to the chair on the side opposite to head movement.

EXERCISE 14



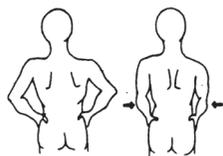
*ditto
for side
bending*

Neck Strengthening Exercises

Do these exercises seated and apply gentle resistance only.

- (a) Hold your forehead in the palm of your hand.
Push your head against the resistance of your hand.
Hold for seconds. Relax.
Do repetitions.
- (b) Hold the back of your head in the palm of our hands. Push your head backwards against the resistance of your hands.
Hold for seconds. Relax.
- (c) Hold the left side of your head in the palm of your hand.
Push your head left against the resistance of your hand.
Hold for seconds. Relax.
Repeat for the right side.
Repeat times per day.

EXERCISE 15



Rhomboid Strengthening

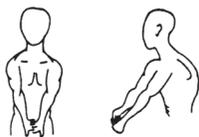
While standing or sitting (especially if you work at a desk), gently squeeze your shoulder blades together and down towards the buttocks.

Hold for seconds.

Do repetitions.

Repeat times per day.

EXERCISE 16



Rhomboids Stretch

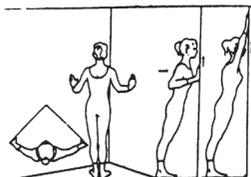
While standing or sitting, interlace your fingers in front of you. Push your hands towards the floor, arching your upper back at the same time, and roll your shoulders forward.

Hold for seconds.

Do repetitions.

Repeat times per day.

EXERCISE 17



Stretching of Anterior Shoulder Capsule and Pectoral Muscles

Stand facing a corner between walls, with arms bent at waist level and palms on the walls. Lean forward into corner and hold.

Hold for seconds.

Move your hands a little further up the wall after each stretch until your arms are fully elevated.

Repeat times per day.

EXERCISE 18



Pectoral Muscle Stretch

Face your body towards the wall. Place one hand out along the wall at shoulder height with your palm facing the wall, then turn your body away.

Hold for seconds.

Do repetitions.

Repeat times per day.

Repeat other side.

This view is looking from the wall outwards as the body faces the wall.

EXERCISE 19



Groin Stretch

- (a) Lie on your back and put one ankle on top of the other knee. Gently apply pressure on the bent knee so as to feel a stretch in the hip and groin.

Hold stretch for seconds.

Do repetitions. Repeat other side.

Repeat times per day.

- (b) For a more advanced stretch, sit up and bend both knees so as the soles of your feet face each other. Pull your ankles towards the buttocks, keep your back straight and apply pressure onto the knees with the elbows so as to push the knees away.

Hold for seconds.

Do repetitions.

Repeat times per day.



EXERCISE 20



Quadriceps Stretch

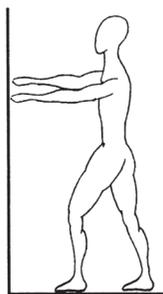
Stand up and be ready to support the body with one hand. Bend your knee and pull your ankle up towards the buttock as far as possible.

Hold for seconds.

Do repetitions.

Repeat other side. Repeat times per day.

EXERCISE 21



Calf and Achilles Stretch

- (a) While standing, place both hands on a stable wall at shoulder level while feet are comfortably apart, one foot in front of the other. Keep your back leg straight with your heel on the ground. Bend the front knee and push into the wall.

Hold for seconds.

Do repetitions.

Repeat times per day.

- (b) Use the same position as above but bend the back leg this time. Be mindful to keep your heel on the ground. Swap feet and stretch your other leg.

Hold for seconds. Do repetitions.

Repeat times per day.

SWIMMING EXERCISES

Swimming is undoubtedly one of the best exercises for the spine because the buoyancy of the water reduces gravitational stress and the resistance of the water enhances muscle development and strength.

Below is a series of exercises to be done in the water. These exercises will help strengthen spinal, leg and arm musculature, and increase cardiovascular fitness. They should ideally be done in waist deep water.

Recommended distances are not shown due to the varying fitness levels of individuals. Simply do what is most comfortable for you.

SWIMMING (a flat kickboard is required for these activities)

1. Face down, hands on kickboard, patter kick.
2. On back, hands on kickboard, patter kick.
3. Face down, one hand on kickboard and one hand in the air, patter kick.
4. Kickboard between thighs, overarm freestyle.
5. Kickboard between thighs, breast-stroke.
(NB: The frog-kick leg action that usually accompanies breast-stroke should be avoided at all times. It may feel good but it is not beneficial to your spine.)
6. Kickboard between thighs, backstroke.

RUNNING / WALKING

1. Straight running (through the water), using arms.
2. Straight running, hands on shoulders.
3. Running backwards, hands on shoulders.
4. Running sideways, hands on shoulders.
5. Running, bringing knees up towards opposite elbows.

INTERVAL WORK

Water kicking

(This is done holding onto the side of the pool as you lie face down or on your back. The time each activity takes will depend on your level of fitness. To illustrate the procedure, sample times are given.)

Patter kick 60 seconds, rest 60 seconds. Patter kick 45 seconds, rest 45 seconds.

Patter kick 30 seconds, rest 30 seconds. Patter kick 15 seconds, rest 15 seconds.

Running on the spot (using arms)

Run 60 seconds, rest 60 seconds. Run 45 seconds, rest 45 seconds. Run 30 seconds, rest 30 seconds. Run 15 seconds, rest 15 seconds.

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