



CHIROPRACTIC

# HomeRehab

## Lumbar & Sacroiliac Stretches

### Tips for stretching

- Move slowly into a *gentle* stretch. Hold stretch steady. Don't bounce.
- After 15 seconds, gently increase stretch.

#### Caution

- If stretching causes pain, discontinue and consult your chiropractor.

### GLUTEUS MAXIMUS

Pull your knee to your chest. Repeat on opposite side.



HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### GLUTEUS MEDIUS

Pull your knee to the opposite shoulder. Repeat on opposite side.

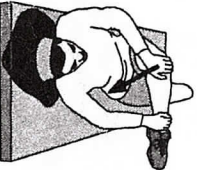


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### SUPINE PIRIFORMIS

Pull left knee toward your right shoulder. Hold your ankle with right hand, but do not pull it toward you. Repeat on opposite side.



HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### CHILD POSE

Relax in the position shown.



HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### DOUBLE KNEE PULL

Pull both knees to your chest.

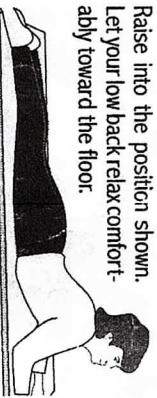


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### ELBOW LEAN

Raise into the position shown. Let your low back relax comfortably toward the floor.



HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### SUPINE QUADRATUS

Cross your left knee over your right knee. Then use your left leg to pull your right knee down to the left. Repeat on opposite side.

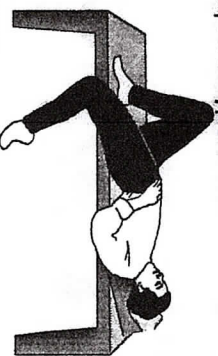


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### SUPINE PSOAS

Lie on the edge of your bed or a bench. Drop your left leg off the edge until you feel a stretch in your left groin. Repeat on opposite side.



HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### LUNGE PSOAS

Keeping your back straight, lean forward to feel a gentle stretch in your left groin. Repeat on opposite side.

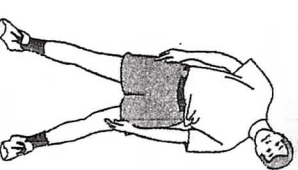


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### SIDE BENDS

Bend to the right, then to the left side until you feel a stretch in the opposite side. Repeat on opposite side.

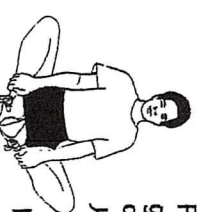


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### ADDUCTORS

Pull your heels together to feel stretch on inner thighs. *Keep your back straight!*

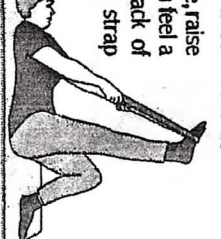


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### LOWER HAMSTRING

With straight knee, raise your leg until you feel a stretch in the back of your thigh. Use strap to hold position. Repeat on opposite side.

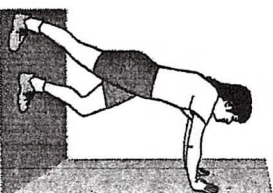


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### GASTROCNEMIUS

Lean into a wall. Keep your right knee straight and heel on the ground. Bend your left knee to feel stretch in right lower leg.

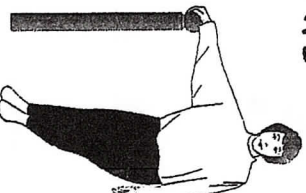


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### TFL

Hold a bannister. Then lean your hips away from the bannister until you feel a stretch in the side of your hip. Repeat on opposite side.

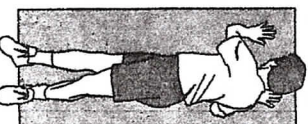


HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

### TWISTER

Start with your feet facing away from a wall. Then twist to face the wall.



HOLD \_\_\_\_\_

REPEAT \_\_\_\_\_

Laura E. Henson, D.C.  
Doctor of Chiropractic

draurahenson@gmail.com