



## A Special Exercise & Stretching Note From HP Spine Center

We are very excited that you have reached the Rehabilitation Phase of your care. What an exciting time! This means that your muscles and ligaments have fully healed and your body is ready to strengthen the **new balanced** position.

**Do your exercises 6 times per week to maximize their potential.** The benefits from doing the exercises and stretches are directly proportional to how consistent you are at doing them. In other words, if you don't do them you won't notice any benefits. You also won't hold your adjustment as long as people who do them consistently.

The best way to make them a part of your day is to schedule the same time each day to do them. That way it is part of a routine. Studies have shown it takes 3 weeks of doing something new to make it a habit, keep focused and hang in there until then. It is at that time when doing the exercises and stretches will be second nature.

We look forward to seeing your progress towards **optimal health!**

### **All Stretches:**

Hold each position 10 seconds, 3 sets, 1 x day.  
Repeat 6 days/week.

**IMPORTANT! Don't ever force the stretch or exercise you are doing. Always start slowly to allow your body to get used to it. You are using your muscles and ligaments in a new position; therefore you may feel sore the next day.**

### **All Exercises:**

5 Reps, 3 sets, 1 time per day, 6 days per week.  
Ex. Count 1,2,3,4,5 take a break (that equals one set), count another time 1,2,3,4,5 take a break (2nd set), and count one last time 1,2,3,4,5 (3rd set). You are then finished with that exercise.

## **STRETCHES:**

### **WALL ANGEL**

Stand against a wall with your heels, bottom, shoulders, elbows, and hands pressed on the wall. Make sure the back of your hands are touching the wall.

Slowly raise your arms up until you feel a stretch then hold position for a 10 count. Repeat 5 times.



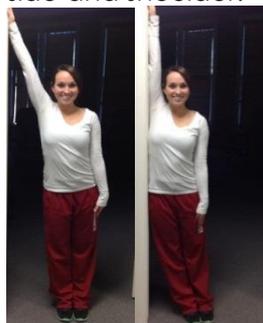
### **SHOULDER STRETCHES: (PECTORALIS STRETCH AND ANTERIOR SHOULDER)**

Stand in a doorway and grab just above your head on the door frame. Face your hips and shoulders forward and then step the leg forward on the opposite side of the arm you are stretching. There are three positions: 1. Just above the head 2. Shoulder level 3. Just below shoulder level.



### **SHOULDER STRETCH: LATERAL**

Stand 1-2 feet next to a wall and place the hand flat on the wall above your head. Slowly lean against the wall and feel the stretch in your side and shoulder.



### IT BAND STRETCH:

Sit with one leg crossed under the other. Place the foot of the leg you want to stretch on the thigh of the opposite leg. Once you are in this position sit upright. Then gently apply pressure on the leg you are stretching at the knee. Push the knee directly downward. You will feel this stretch at the hip, outside of the leg, or at the knee.



### LEG STRETCHES: GROIN STRETCH

Put feet together and sit up as tall as possible. Pull feet in towards hips. Push down on legs with your elbows to get more stretch.



### KNEE HUGS

Lie on the floor with your knees bent, your feet flat on the floor, and your arms by your sides. Tighten your pelvic and abdominal muscles and push the lower back into the floor. Lift your knees up toward your chest, using your hands to pull them toward you. Bring them as close to your chest as you comfortably can. Hold the position for a count of five, breathing all the time. Gently lower your feet back to the floor one at a time. Repeat up to ten times.



### LEG STRETCHES: PUSH THE WALL (CALF)

1. Push up against the wall with your hands, c leg forward and bent and the other straight behind. The goal is to push the back foot flat against the floor and feel the stretch in the calf muscle.
2. Alternate to the other side.
3. Then do both calves at the same time.



### LEG STRETCHES: HAMSTRING STRETCH

Towel stretch: use a towel around the foot. Keep leg straight and pull leg towards your head. Remember to always breathe out when you actually do the stretch.



### STANDING HAMSTRING STRETCH

Stand with your right foot flat on the floor and the heel of your left foot on the seat of a chair. Rest both hands on your left thigh, just above your knee. Keeping your back straight, bend from the hips until you feel a slight stretch in the back of the right thigh. Hold the position for a count of five and then release. Repeat up to ten times, then switch legs and do the same on the left side. Once you find that this hamstring stretch becomes easier, increase the challenge by placing your heel against a wall rather than on a chair.



## EXERCISES:

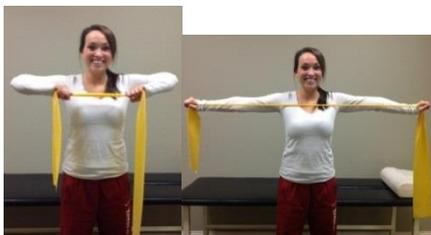
### RHOMBOID EXERCISES: POSTURAL EXERCISE

Start with arms forwards and straight. Make sure your chest is pushed upward toward the ceiling as to create good posture. Hold shoulders back and down to keep the shoulder in proper position. Breathe in and then pull the hands along a 45 degree angle down and back. The band should start at the chest level and end up hitting your belt line/ stomach area at the end of the motion. Keep pulling until your arms can't move backwards anymore. Squeeze between the shoulder blades. You want to feel the muscles working at the bottom of the shoulder blade. (Not in the top of the shoulder blade or shoulders) Hold the end position for 5 seconds.



### CHEST OPENING W/BAND

Stand tall with your feet hip width apart, arms by your sides. Raise your arms to shoulder height, then fold them at the elbows so that your hands are in front of your chest. Open your arms wide to the sides keeping the elbows slightly bent. Repeat action 3 or 4 times. Now lower your arms and put your hands behind your back. Interlock your fingers and pull your shoulders back and down. Hold position for a few moments breathing normally.



### MID BACK EXERCISE: SEATED ROW: (BAND)

While sitting on the floor with the legs extended straight in front of you, wrap a band around both feet. Reach your hands forward and grab the band with your arms fully extended. Sit straight up. While keep the elbows next to the body, pull your elbows backwards as far as you can pull.



### ROTATOR CUFF EXERCISES: (INTERNAL AND EXTERNAL MOVEMENTS)

Fold up or roll up a towel and place it under your armpit. Attach one end of the band to a door knob or post. Standing next to the point where you attached the band rotate the hand from an inward position across the chest.



### BICEP EXERCISE: CURLS (BAND)

Stand on the middle of a long piece of band material. Hold both ends of the band with your hands. Start in a hand down position and then keeping your hands facing forward contract the arms upward until they stop. Squeeze at the top for 1 second.



### SHOULDER STRENGTHENING (USE A BAND)

Step on a band with your foot. Hold the other end with your hand. Keeping your arm straight, extend the arm upward in four different directions:

1. Lateral
2. 45 degrees outward
3. Forward
4. 45 degrees inward across your chest.

Make sure you maintain proper posture while doing this exercise. Keep your chest pushed upward and shoulders back at all times.



### TRICEP EXERCISE: EXTENSIONS (BAND)

Stand on the end of a long piece of band material. Hold the other end of the band with your hand. Raise your elbow straight up into the sky with the elbow bent. While keeping the elbow in place, raise the hand up into the sky. Squeeze at the top and hold for 1 second.



### CORE EXERCISE: SIDE RAISES

Lie on your side and prop up your upper body on top of your elbow. Place both your feet together and keep your whole body in a straight line. Raise your hip up into the air as high as you can push it.



### CORE STRENGTHENING EXERCISE: PLANK

Start in a push up position, but rest on your elbows instead of your hands. Hold this position. Your goal is to get to 2 minutes without a break.



### CORE AND LOWER BACK EXERCISE: HIP RAISE

Lie on your back and push your hips into the air as high as you can go. At the end of the motion, squeeze your buttocks. Then lower the hips back to the table and repeat.



### CORE EXERCISE: MODIFIED SCISSOR KICKS

While on your back, put your legs in the position shown in the picture. Push your stomach downward toward the ground while you alternate slowly your legs back and forth. You may hear a clicking noise from your hips. This is ok. Make sure the leg that you straight goes 1 inch above the ground. Never let it actually touch the ground throughout the exercise.



### CORE EXERCISE: MID AB RAISE

Lie on your back with your legs raised into the air. Try to keep your legs as straight as possible. Slowly lift your hips off the ground and push them straight up into the air.



### CORE EXERCISE: LOWER AB RAISE

Lie on your back with your legs raised into the air. Now bend your legs to 90 degrees. While pushing your stomach downward into the ground, slowly lower the 90 degree legs until your heels just barely touch the ground. Then slowly bring them back up to the starting position.



### CORE EXERCISES: AB CRUNCH (ARMS IN FRONT)

Reach your hands towards your knees. Keep a chin width distance between your chin and your chest. Keep your eyes focused on the ceiling. Slowly raise your head, then shoulders, then upper body up towards your knees. Remember to breathe out when leaning forwards so you can go up as high as possible. Touch the top or front of your knee cap. Then slowly lower your body back down.



Oblique Abs are done the same way the regular Abs are done, but flop your knees to each side. The motion is the same. This works the outer part of the abdominal muscles.



### BACK TWIST/WIND MILL

Stand tall, with your feet hip-width apart. Hold your arms straight out to your side. Slowly turn to the right as far as you comfortably can. Start the turn in your hips, lifting the spine upward as you turn. Keep your head and neck in line with your spine-don't try to turn your head farther since this will put pressure on the neck. Hold the twist for a few moments, breathing normally. Slowly turn back to the center. Then repeat on the other side.



### LOWER BACK: STATIONARY CROSS CRAWL

Support your body on opposite knee and arm. The other arm and leg are then lifted up and held for 1 second. Do this on one side and then alternate to the other side.



### SEATED TWIST

Sit upright with your legs out in front of you. Bend your right leg, lift the foot and place it on the mat in front of you and place it on the mat so that it rests against the outside of your left calf. Rest your left elbow on your right knee and your left hand on your thigh. Breathe in and extend your spine upward. Breathe out and very slowly turn to the right. Hold for a count of five, breathing normally. Breathe out, return to the central position. Then change the position of your legs and arms, and repeat on the other side. Repeat on both sides once more.



### LEG EXERCISE: STANDING SQUAT

Stand upright with your hands in front of you. While making sure your knee doesn't go in front of your toes, lower your bottom down and back. (Squat) This does take balance and getting used to, so take it slow at first.



### LEG EXERCISE: STATIONARY LUNGE

Stand upright with one leg in front of you. Spread your feet about 3 feet apart. (The distance is different depending on how tall you are) While keeping your hips and shoulders in line pointing forward, lower your back knee towards the ground. Don't let it touch though. Your forward leg's knee should never go in front of your toe. Then push your body back up to the starting position. This takes balance so take it slow and steady until you get used to it.



## HP SPINE CENTER

2424 Herodian Way  
Smyrna, GA 30080  
HPSpineCenter.com  
770.952.5353