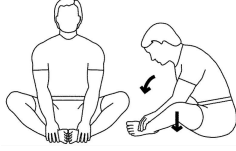


Comment:

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8821 Valley View St., Buena Park, CA
(714) 527-3332

Stretch groin sit (Butterfly stretch)



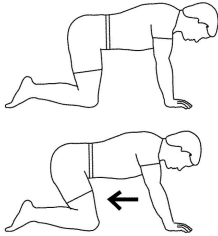
- Sit with knees bent, soles of feet together.
- Slowly let your knees drop to floor.
- Grasp ankles with hands and lean forward from the hips.

Special Instructions:

Try to keep elbows on inside of knees.
Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

AROM lumbar (bkwd rock) quadruped (4 point back rock)



- Begin on hands and knees.
- Maintain neutral spine by tightening abdominal muscles.
- Slowly rock backward while maintaining neutral spine.
- Movement should take place at the hips.
- Return to start position and repeat.

Perform 5 sets of 1 Minute, once a day.

Perform 1 repetition every 4 Seconds.

Stretch hip flexors supine 2 (Thomas stretch 2)



- Lie on table or firm bench with half of your thighs off table.
- Position both knees on chest.
- Flatten back against table.
- Lower left leg while holding right leg to chest.
- Return to start position.
- Repeat with other leg.

Special Instructions:

Do not allow leg on chest to fall outward.
Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

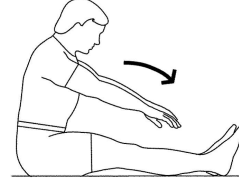
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Stretch hamstring bil long sitting (Longsit hamstring stretch)



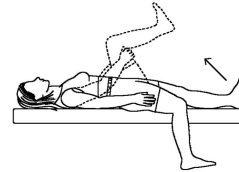
- Sit on firm surface with legs straight out in front.
- Slowly bend forward at hips, reaching for toes.

Special Instructions:

Do not allow knees to bend.
Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

Stretch Hip flexors leg abd supine (Off table hip stretch)

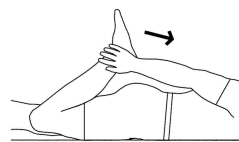


- Lie on back on bed.
- Slowly drop right leg off side of bed with knee bent.
- Pull left knee to chest and hold with both hands.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

Stretch Quads prone self (Prone quad stretch)



- Lie face down.
- Reach back and grasp ankle.
- Relax leg and gently pull ankle towards buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

Comment:

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8821 Valley View St., Buena Park, CA
(714) 527-3332

Stretch groin sit (Butterfly stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

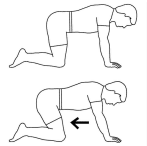
Stretch hamstring bil longsitting (Longsit hamstring stretch)

Perform 1 set of 4 Repetitions, twice a day.



Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

AROM lumbar (bkwd rock) quadruiped (4 point back rock)



Perform 5 sets of 1 Minute, once a day.

Perform 1 repetition every 4 Seconds.

Stretch Hip flexors leg abd supine (Off table hip stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

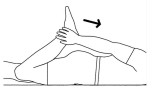
Stretch hip flexors supine 2 (Thomas stretch 2)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

Stretch Quads prone self (Prone quad stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

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