

# Salem Chiropractic Clinic

740 S. Main Street, Salem, SD, 57058

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## Exercise Report

### **Condition: Lumbar Subluxation**

#### **Lumbar Spine Stretch - Single Knee to Chest**



1. Pull one knee in to your chest until a comfortable stretch is felt in lower back and buttocks.
2. Repeat with other knee.

Hold each pose for 11 seconds.

Repeat each exercise 10 times.

Perform the exercise 3 times per day.

#### **Lumbar Spine Strength - Alt. Arm Leg Ext.**



1. Raise opposite arm and leg.
2. Do not arch neck.

Hold each pose for 11 seconds.

Repeat each exercise 10 times.

Perform the exercise 3 times per day.

#### **Lumbar Spine Strength - Bridging**



1. Lie on your back with your knees bent.
2. Lift your hips so your back is in a straight line.
3. Lower and repeat.

Hold each pose for 11 seconds.

Repeat each exercise 10 times.

Perform the exercise 3 times per day.

#### **Pelvic Tilts - Seated A**



1. Sit forward on chair without arm rests.
2. Suck stomach in.
3. Slowly rock pelvis as if scooping pelvis under your body.

Hold each pose for 11 seconds.

Repeat each exercise 10 times.

Perform the exercise 3 times per day.

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***Condition: Lumbar Subluxation***

### **Pelvic Tilts - Seated B**



4. Then rock pelvis in opposite direction by arching the lower back and directing buttocks out.
5. Identify pain free range of motion.

Hold each pose for 11 seconds.

Repeat each exercise 10 times.

Perform the exercise 3 times per day.