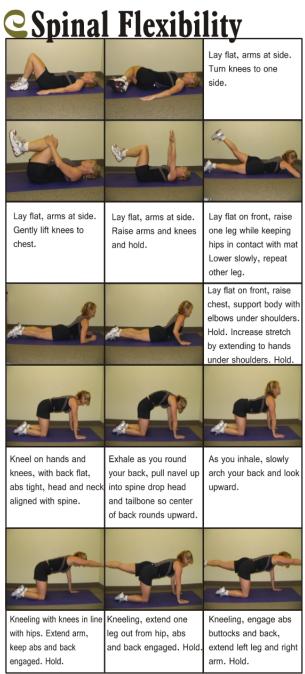
Get better faster! Keep movement and active living a high priority in your life!

## **Posture Molding**

	Keep shoulders, hips and knee in line, raise heel to buttocks, knee points to floor. Repeat (this quad stretch)		Weight on bent supporting leg, point and lift opposite toe up, then extend forward 45° from hips. Keep abs		Keep shoulders and hips in line, tilt pelvis upwards and shift forward to stretch your hip flexors.		
on other				aus		Then twist the spine towards the top-side leg, stretching your buttocks. Sit tall.	
		~	To stretch the front of your shoulder and chest, stand perpendicular to wall, keeping your palm flat on the wall, extend arm out behind body. Gently turn away from wall to increase stretch.				
				Sit and b on the ba Spell you with your Play cato someone balancing	all. ur name r hips. ch with e while		
This inco posture the pelvi forward, the but creating sway ba		displays is titled popping and a	7		posture. tummy,	tuck nder and our	



## **Q**Runner's Stretch Keep shoulders, Weight on bent Keep shoulders hips and knee in and hips in line. supporting leg, line, raise heel to tilt pelvis upwards point and lift buttocks, knee opposite toe up, and shift forward points to floor. to stretch your then extend Repeat (this forward 45° from hip flexors. quad stretch) hips. Keep abs on other side. tight. Seated, sitting tall Then twist the spine towards the cross one leg over the other top-side leg, bent leg. stretching your buttocks. Sit tall. Lay supine, gently pull Lay supine, raise one leg, Lay supine, cross one leg one knee into the chest, ankle flexed, gently over the opposite leg stretching the buttocks. clasping below the knee, above the knee. Raise (Repeat on other side.) stretching the hamstring. bottom leg to increase (Repeat on other side.) stretch. Using your toes, gather Massage arch of foot Massage arch of foot and scrunch a towel. rolling back and forth rolling back and forth pulling it towards you. on a tube, toes pointed on a tube, toes pointed down. upward.

Beacon Hill Chiropractic & Massage

www.getbetterfaster.ca

Phone: 403-516-1141

