

DOING THIS ROUTINE EVERY DAY CAN:

- loosen tight muscle
- stretch scar tissue
- loosen arthritis
- loosen ligaments
- loosen joints
- take pressure off discs
- take pressure off nerves
- better alignment
- hold adjustments longer

My orthopedic surgeon said that I am a candidate to have knee replacement surgery due to my severe osteoarthritis and joint degeneration. My wife said that I should try Dr. Schmidt as she had heard good things about him.

My knee pain is 70% better! I would classify my improvement as excellent. I also have more energy and I can now bike ride and keep up with my teenage son on long bike rides.

I have suffered with major knee pain, neck and back pain for over 10 years. I did have 2 cartilage surgeries already on my knees so these results have been excellent.

Dr. Schmidt taught me how to stretch my legs and back at home using his 7 point stretch protocol which at first really hurt to do but now I am getting looser with less pain while stretching. His plans work.

- Alan S, Cottage Grove, MN

YOUR CARE TEAM FOR AUTO ACCIDENT INJURIES

Even small accidents can cause injuries that **don't show up right away**. We help you catch them early so they don't turn into long-term problems.

WHAT WE DO FOR YOU

- Find injuries that can't be found in standard tests like ligament damage
- Document everything clearly so insurance understands your injury
- Create a treatment plan to help you heal faster
- Track your progress so you know you're improving
- Coordinate with attorneys or other providers if needed



Scan this code to
learn more!

WHY IT MATTERS

Most long-term neck and back pain comes from undiagnosed soft-tissue injuries.

We know how to find them – and how to help you recover.

DAILY 7-POINT STRETCH

Compiled by Dr. Thomas Schmidt



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Flexibility is crucial to holding proper spinal alignment after adjustments. The resulting increase in spinal function and range of motion brings decreased stiffness during activities of daily living!
If stretching on the floor is uncomfortable, do the routine on your bed!

THE WHOLE ROUTINE TAKES 5-7 MINUTES. DO IT AFTER BRUSHING YOUR TEETH OR BEFORE BED!

1 & 2 CALF STRETCH

1. Sit with one leg extended, foam roller under largest part of calf
2. Take a deep breath in
3. Exhale & reach toward your raised foot as you are able, pull toes towards you
4. Hold for 15-30 seconds each side
5. Release slowly



3 & 4 HAMSTRING STRETCH

1. Sit with one leg extended, foam roller under largest part of hamstring
2. Take a deep breath in
3. Exhale & reach towards your raised foot as you are able, pull toes towards you
4. Hold 15-30 seconds on each side
5. Release slowly



5 LUMBAR STRETCH

1. Sit upright, with the roller directly behind your hips
 2. Exhale slowly as you use your elbows to lie back over the roller, arching your low back
 3. Work towards shoulders resting flat on the floor/bed & arms over your head
 4. Relax at the lowest level you can go breathing steadily and deeply for 15-30 seconds
- * It may take time to be able to lie flat comfortably, so just go as far as you can each time you do the routine
* Pillow or couch cushion may be placed under the shoulder area



6 THORACIC STRETCH - STATIC

1. Move foam roller to upper back
2. Exhale & lean back over it with arms overhead
3. Hold for 15-30 seconds at the low point closest to letting shoulders, arms, & head rest on floor/bed



6 THORACIC STRETCH - DYNAMIC

- * Using movement can increase range of motion (ROM) - this will enhance results
1. After relaxing into stretch, leaning over the roller
 2. Raise arms & shoulders up until you feel your spine just about to lift off the roller
 3. Repeat 15 times with fluid-like motion each time you exhale



7 CERVICAL STRETCH - FLEXION

1. Lay flat on the floor, place roller behind base of skull
2. Push back into the roller firmly while pushing chin to chest
 - You should feel the stretch in back of your neck
3. Breathe steadily and deeply, hold for 15-30 seconds
4. Repeat, turning head far right, hold for 15-30 seconds
5. Repeat, turning head far left, hold for 15-30 seconds



7 CERVICAL STRETCH - EXTENSION

1. Lay flat on the floor, place roller in the middle of neck
2. Stretch chin toward the ceiling as strongly as you can tolerate
3. Hold for 15-30 seconds
4. Repeat, turning head to the far right and left, hold each for 15-30 seconds
5. Press the center of your neck into the roller
6. Fluidly, turn head right and left while pressing firmly on the roller
7. Repeat this motion 15 times

