

STRETCHES

Summit Chiropractic



BENEFITS OF STRETCHING

***- INCREASED
FLEXIBILITY***

***- EASE MUSCLE
STRESS AND
TENSION***

- BETTER SLEEP

***- BETTER RANGE OF
MOVEMENT***

- PREVENT INJURY

***- INCREASED
STRENGTH***

***- BETTER OVERALL
CIRCULATION***

***- IMPROVED
POSTURE***

***- HELPS HEAL AND
PREVENT BACK PAIN***

Waking up

It is a good idea to get your body moving after a nights sleep. Get your body ready to take on the day with some simple stretches.



FULL BODY WAKE UP:

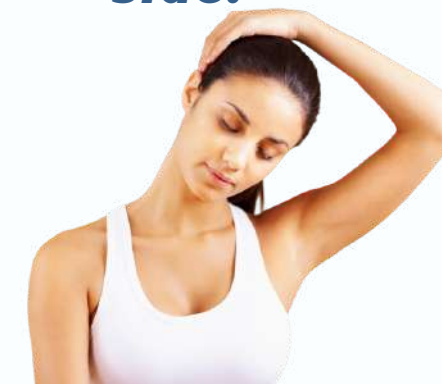
Whilst laying in bed, stretch your arms up and your legs to the foot of the bed. Repeat 3-5 times.

KNEE TO CHEST:
With both legs stretched out, pull one knee toward your chest to feel the stretch in your lower back. Hold for 20-30 seconds and then alternate.



STRETCH UP:
Sit up straight, cross your legs and reach your arms toward the ceiling, interlocking your fingers. Do this with the palms down and then the palms up.

NECK STRETCH:
Slowly roll your head side to side, then chin to chest. Then tilt your right ear to right shoulder (hold for 30 seconds) and then repeat on the other side.



FORWARD BEND:
Following that, you can stand and reach down toward your toes, keeping your legs straight to stretch your low back and hamstrings.



Before bed

Try some of these to help wind down your body and mind before you go to sleep.



CHILD'S POSE:
Spread your knees wide.
Let your belly rest
between your thighs and
forehead on the floor.



**NECK
STRETCH:**
Tilt your head
left in a
neutral
position. Use
your hand to
support and
control the
stretch.



LOW LUNGE:
Have your front leg bent
around 90°. Your back leg
straight or bent kneeling.
Lift your arms up to the
sky.



**SEATED FORWARD
BEND:**
Bend at your hips, not
your waist, and keep
your neck aligned
with your spine. Lean
forward enough to
feel a stretch.



**RECLINING ROUND
ANGEL POSE:**
With your feet
together, slowly
lower yourself back
to a laying position.
Focus on letting your
pelvis relax and your
hips to open.



**LEGS-UP-THE-WALL
POSE:**
Lay on the floor with your
feet up against the wall.
Place your hips against the
wall or slightly away. Bend
the knees if needed. Lay in
this position for up to 20
minutes.

get in touch

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We look forward to seeing you soon!