

Chamberlain Chiropractic

Level I Core Stretches

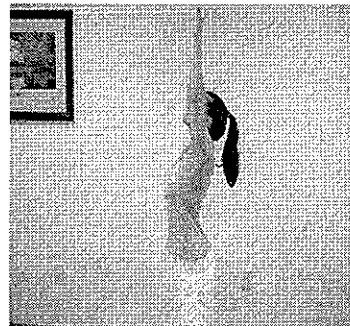
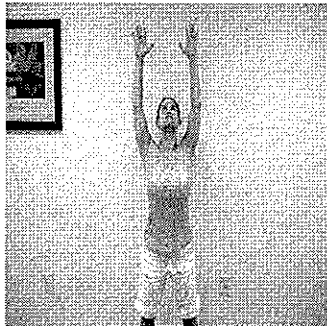
Stretching everyday is the key to flexibility, detoxification and holding the adjustments that allow your body to heal and thrive.

Core Stretching should be done 2X per day: In the morning when you arise and in the evening before you go to bed. In the morning, stretching helps to get the blood flowing and your systems up and running and efficient very quickly. At night before you go to bed, stretching will aid in your bodies ability to get rid of all the toxins from the day. This will help you to wake up vibrant and refreshed.

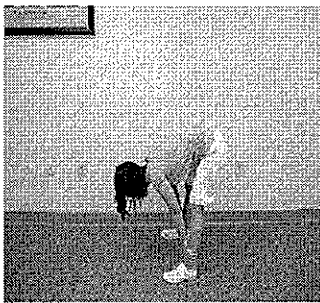
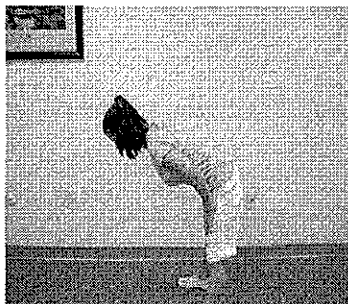
Breath-always focus in breath during all stretches.

- a) in through nose/out mouth
- b) diaphragmatic (if having trouble-blow out completely first then allow in.)
- c) breath and stretch each area for approximately 15 seconds

1. Reach for the Sky



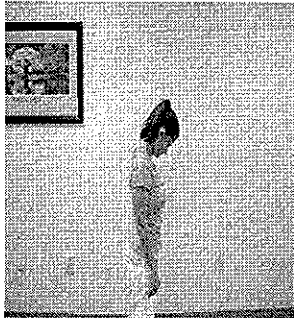
2. Touch toes (if can)



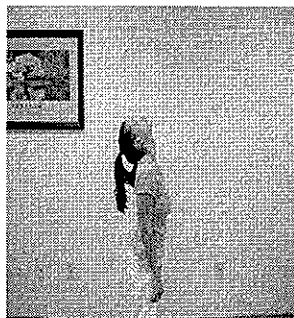
- a) hands on thigh
- b) bend at femur heads
- c) breath out 15 seconds
- d) come up slightly-take deep breath
- e) breath out 15 seconds and allow back and hams to stretch further

- f) repeat d) and e). When done using hands-walk your way up slowly to neutral position.

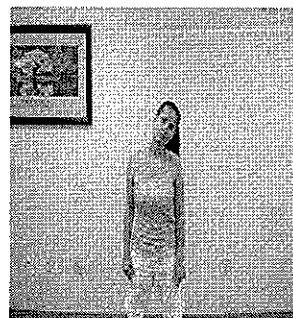
3. Neck exercise (breath)



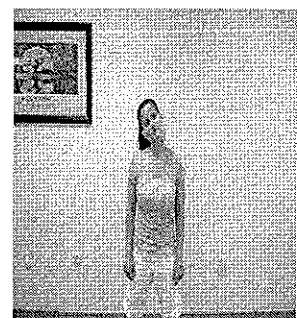
Forward



Back



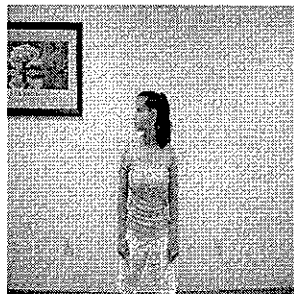
Left tilt



Right tilt



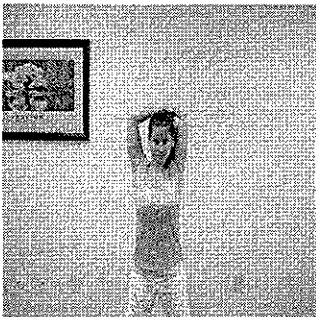
Left turn



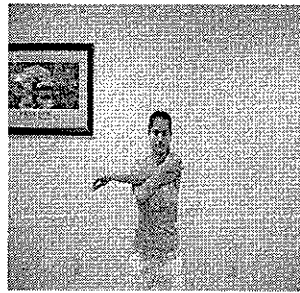
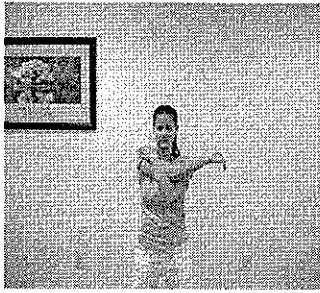
Right turn

(advanced isometric)

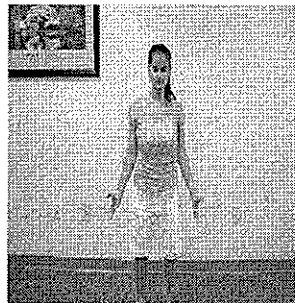
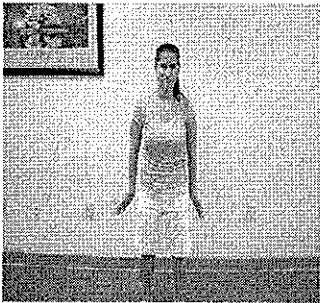
4. Triceps stretch (breath/15 seconds)



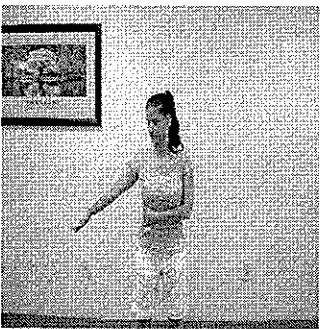
5. Deltoid stretch (breath/15 seconds)



6. Shoulder (rotator) rotations-30 to 40



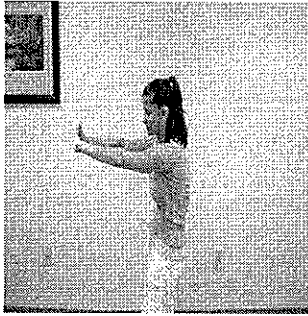
7. Shoulder circles (advanced-swim)



8. Pectorals stretch (breath/15 seconds)

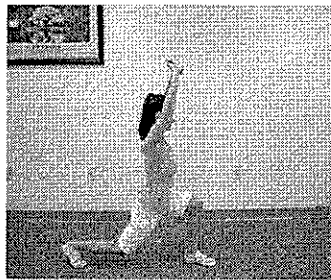
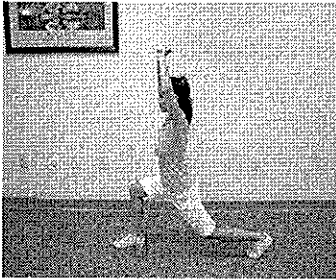


9. Mid back stretch (breath/15 seconds)

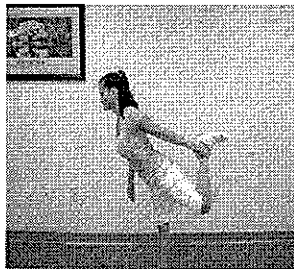
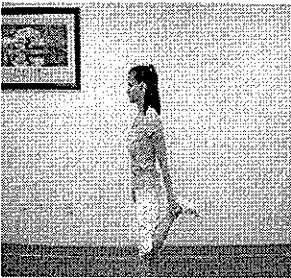


10. Repeat touch toes (breath/15 seconds)

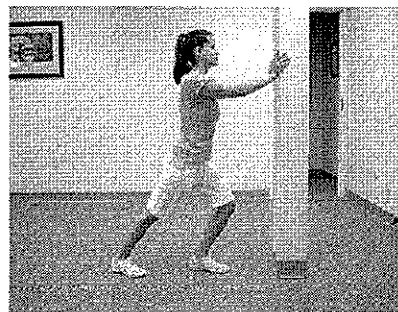
11. Hip flexors salutation (breath/15 seconds)



12. Thigh stretch standing (breath/15 seconds)



13. Calf (breath/15 seconds)



14. Advanced (spinal twist warm up)

