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1. "Pelvic tilting, circles" Lumbar flexion/extension/side bending ROM, standing; 01

3 Sets / 10 Reps



Stand up straight with your feet hips width apart.

Soften your knees a little.

Place your hands on your hips.

Begin making small circles with your pelvis.

Push your hips out to one side, tuck your tail bone under as you bring your hips to the front.

Push your hips out to the other side.

Finally push your hips back behind you, sticking your tail bone out.

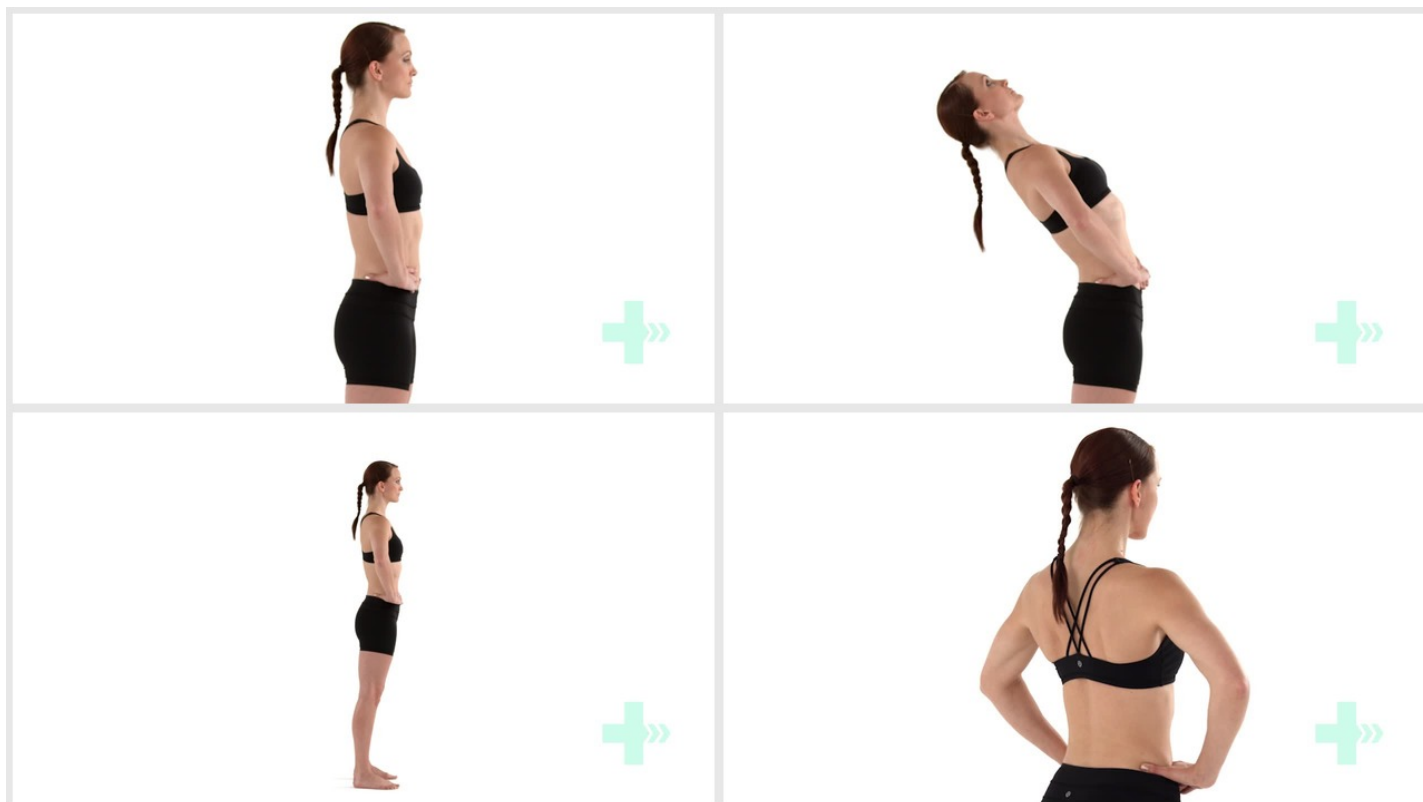
Continue this in one fluid movement, keeping your upper body and head still.

Gradually increase the size of the circles if you can.

Repeat in the opposite direction.

2. Trunk extension AROM, hands on waist, standing; 01

3 Sets / 5 Reps / 5 s hold



Stand with your legs at hip width apart and straight.

Place your hands on your hips.

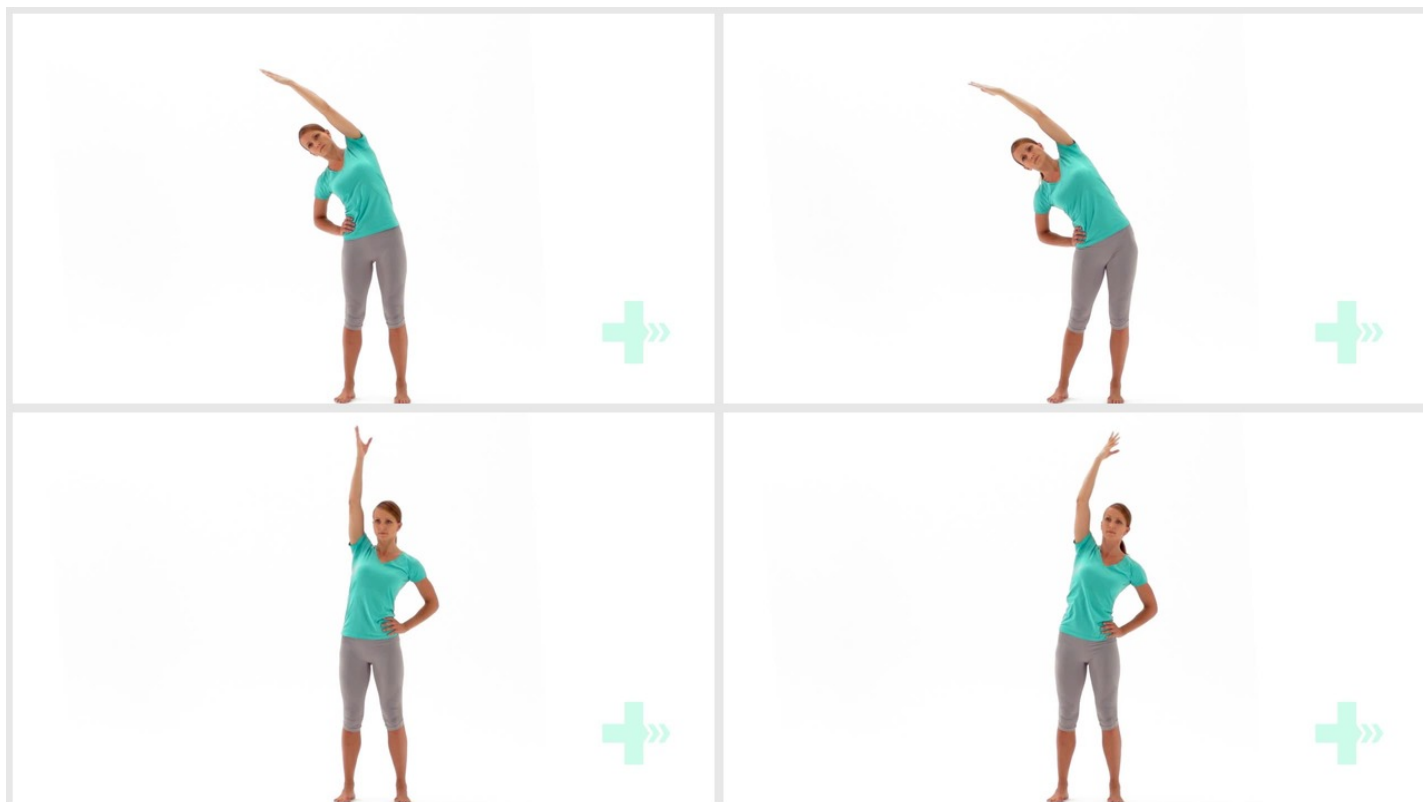
Lean your body backwards, trying to arch in the lower back as much as you can, lifting your chest up towards the ceiling.

Try to avoid allowing your hips to swing forwards too far.

Hold this position before returning to the start position.

3. Trunk side bending stretch, arm overhead (alternate), standing

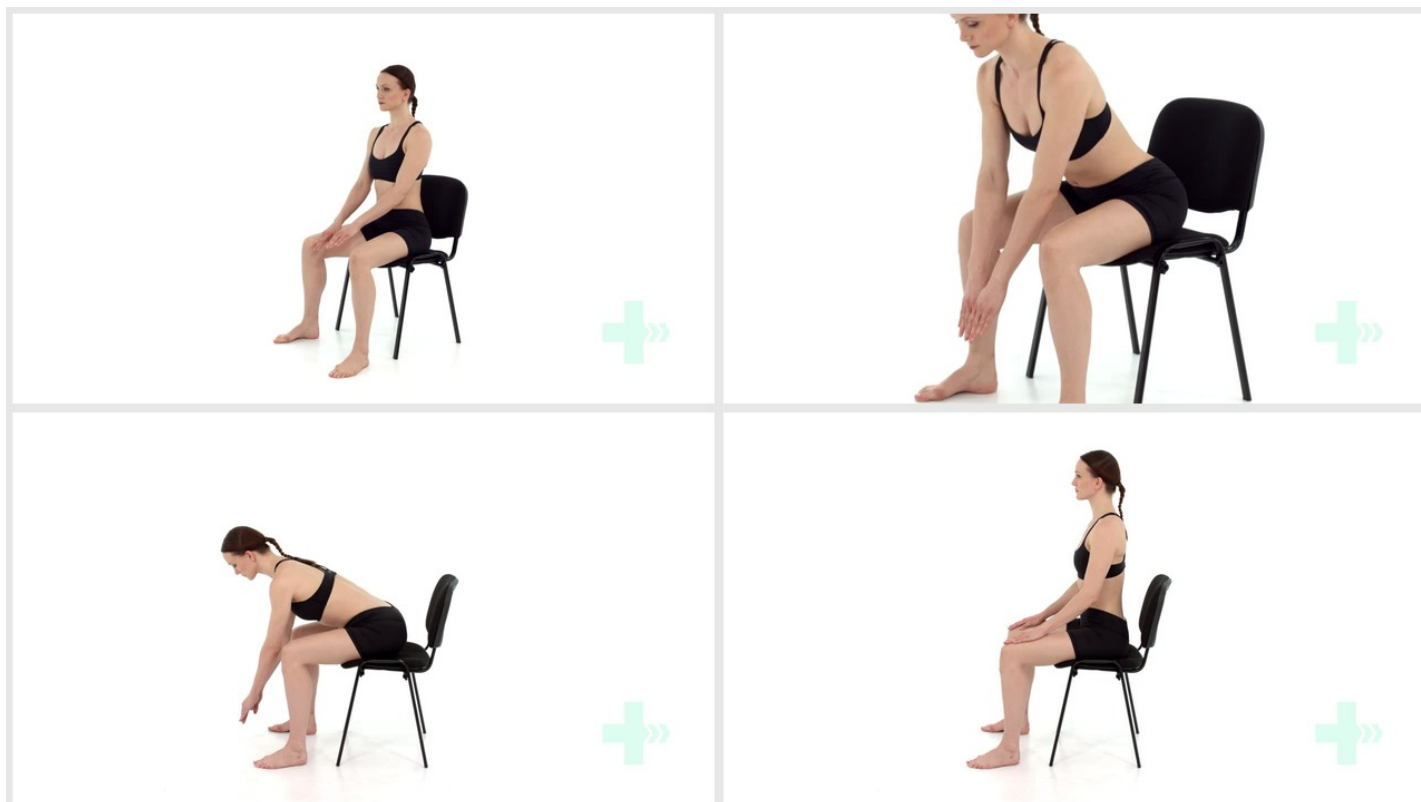
3 Sets / 5 Reps / 5 s hold



Stand with your feet shoulder width apart and place one hand on your hip. Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction. Hold this position before you repeat on the other side.

4. Trunk flexion AROM, reaching to floor, sitting legs apart

3 Sets / 5 Reps / 5 s hold



Sit up straight in a chair with your hands on your knees.

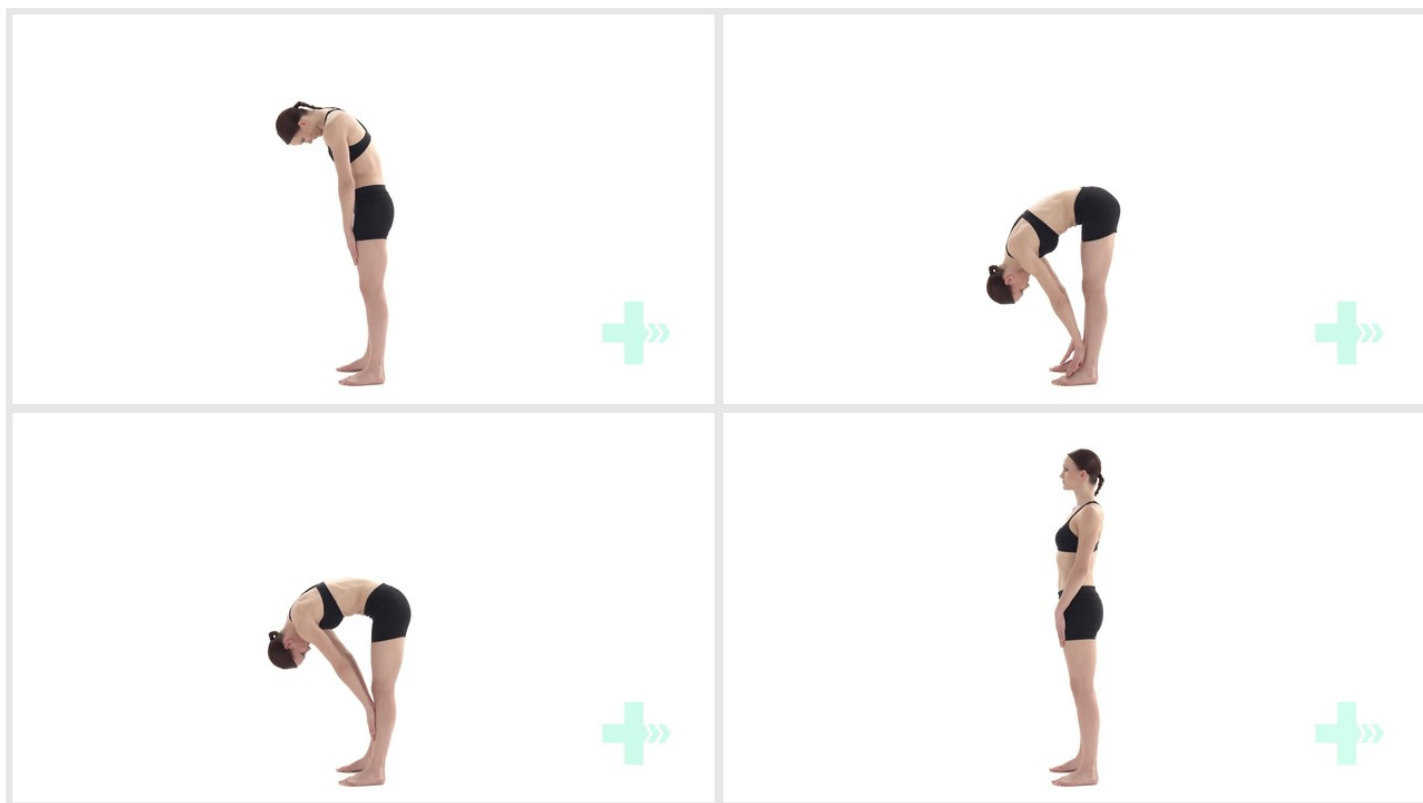
Ensure your feet and legs are apart, creating a space for you to lean down between.

Slowly bend forward over your thighs, reaching your hands down towards the floor.

Hold this position, and then slowly return to the upright position, using your hands to assist you if needed.

5. "Spinal roll down" Cervical/trunk extensors stretch, standing legs straight

3 Sets / 5 Reps / 5 s hold



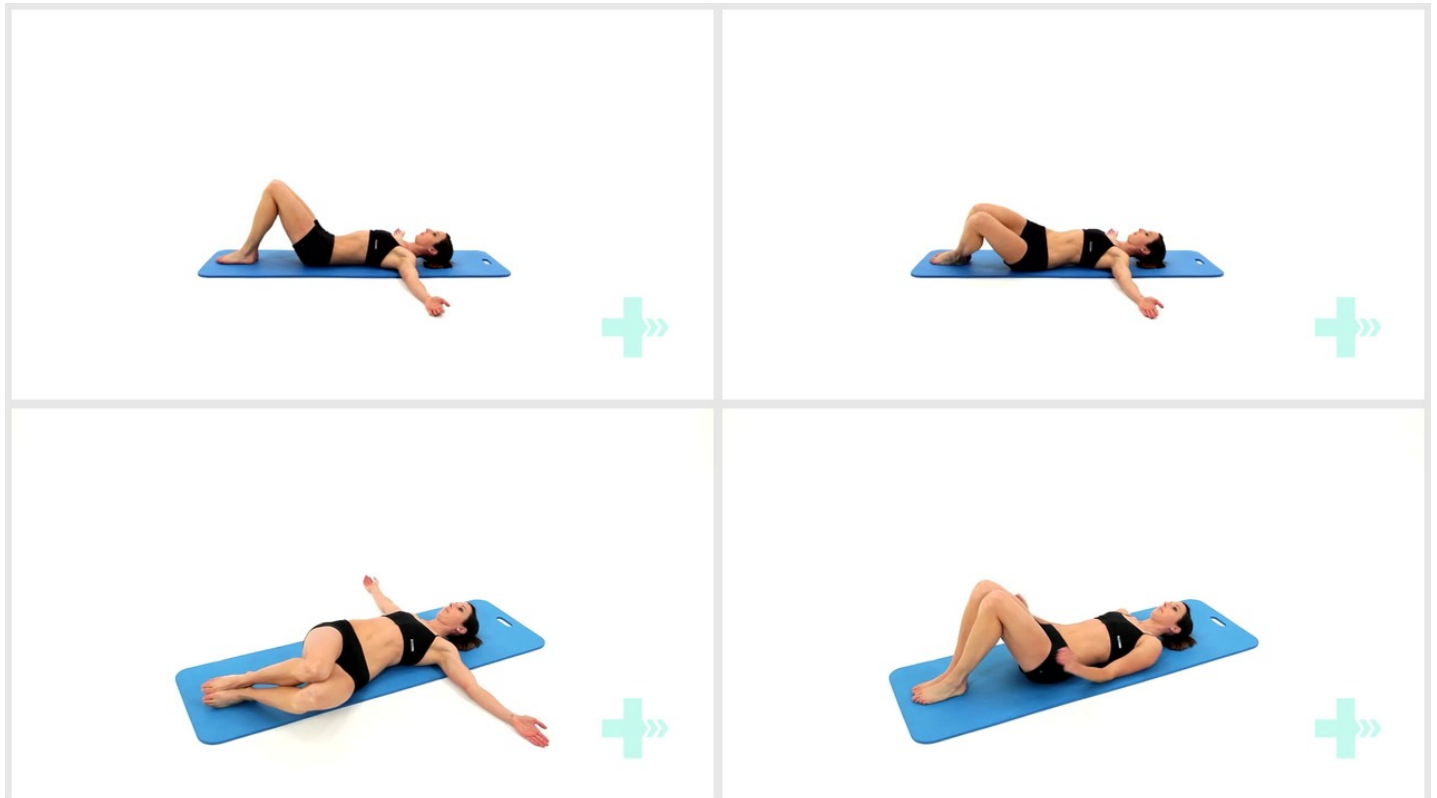
Stand with your legs hip width apart and straight.

Slowly slide your hands down the front of your thighs towards your feet. Only go as far as you can manage comfortably whilst keeping your legs straight.

Hold this position, and then slowly return to the start position.

6. Lower trunk rotation AROM, to comfort, supine feet standing; 01

3 Sets / 10 Reps / 5 s hold



Lie on your back with your knees bent and your feet flat on the floor. Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso.

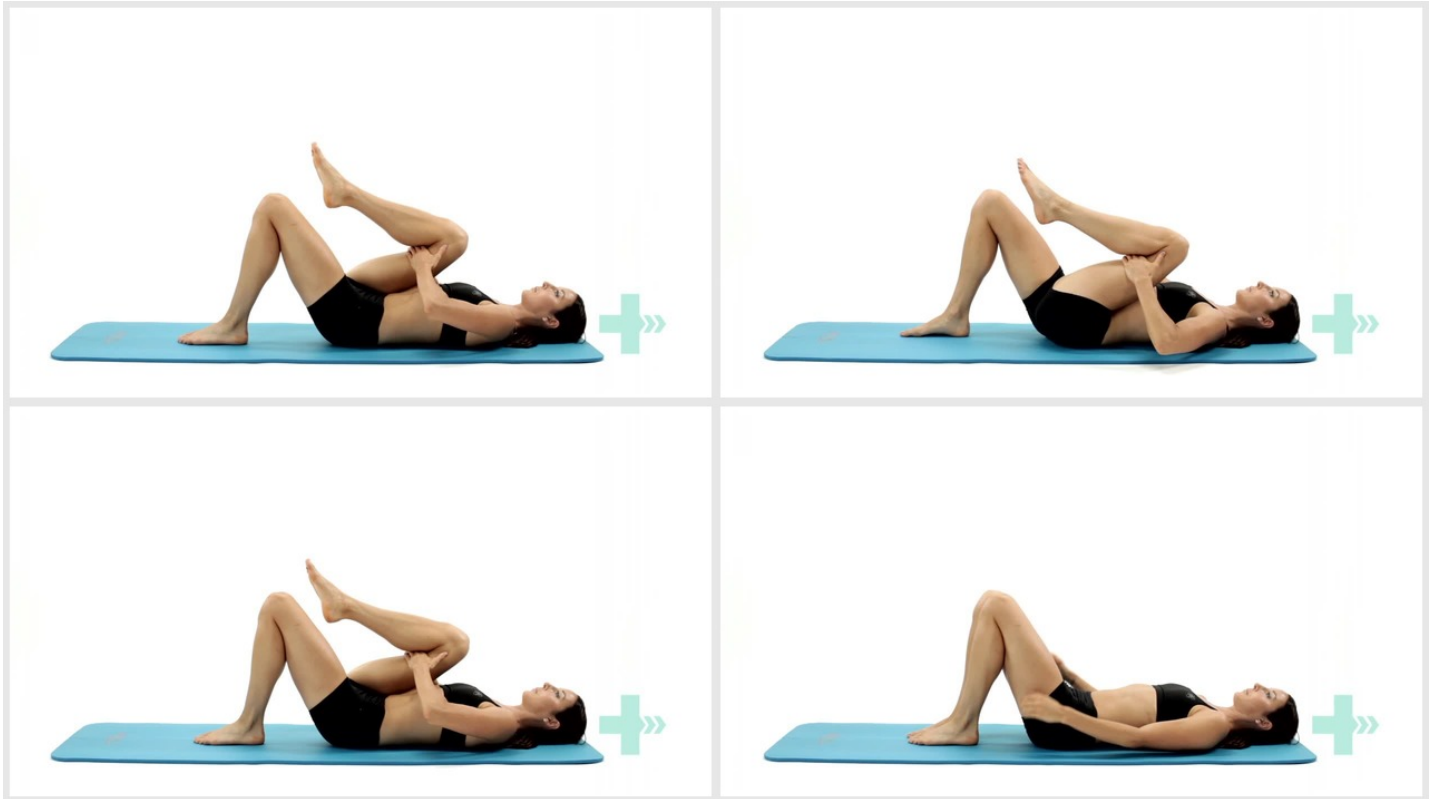
Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.

7. Hip flexion AAROM end range, supine

3 Sets / 10 Reps / 5 s hold



Bend your knees so that the feet are flat on the floor.

Reach underneath your knee and pull the knee in towards your chest as far as you can go comfortably.

Ensure you grab behind the thigh and not on top of the knee to avoid compressing the knee joint.

Hold this position.