



Sherborne chiropractic

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Exercise plan:
Before you get out of bed...

Patient:
Patient Patient

Date:
19th Jul 2018

Glute Stretch Supine 1



Lie on your back, and bring your knee towards your opposite shoulder to feel a stretch in your bottom. Tip: changing the angle you take the leg will change the position of the stretch and you can play around with the position to find the stretch that feels most effective for you.

Hold for 5-10 secs | Perform both sides

Video: <http://youtu.be/6ovFfq2UNxc>

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Double Leg Back Stretch



Lie flat on your back, and bend your knees towards your chest. Hold this position and feel a gentle stretch in your back. If you get any groin pain while doing this exercise, stop and inform your therapist. Relax, and repeat as necessary.

Hold for 5-10 secs

Video: <http://youtu.be/ZEz80zvkuV4>

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Glute Stretch Supine 2



Lie on your back, and bend your knee to 90 degrees (i.e. pointing straight up). Place your ankle across your knee. To make the stretch stronger, pull your ankle towards you, while pushing away with the opposite knee (the side getting stretched). You should feel a stretch in your bottom.

Hold for 5-10 secs | Perform both sides

Video: <http://youtu.be/DxHx-Dmlm20>

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Neck Rotation Stretch Lying

Lie flat on your bed, or on the ground. You can use a pillow if you feel more comfortable, or a towel. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Hold for 5-10 secs | Perform both sides

Video: <http://youtu.be/Z5Vih8KT2uc>



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Arm Openings

Adopt the sidelying start position with a cushion underneath your head. Bend both knees in front of you so they are at right angles with your hips. Lengthen both arms out in front of you at shoulder height, with your arms together. Inhale as you raise your top arm, keeping it straight, lifting it above your shoulder joint towards the ceiling. At the same time roll your head, neck and upper spine to face the ceiling. Exhale as you continue to rotate your spine further, taking your arm with you, lowering it down towards the mat. Inhale as you rotate your spine back initiating the movement from your centre, bringing your arm back above your shoulder joint towards the ceiling. Exhale as you rotate your spine back to the starting position.

Hold for 5-10 secs | Perform both sides

Video: <http://youtu.be/ZhoHPYH3X7M>



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Dear Patient, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on Info@sherbornechiropractic.com. Good luck and keep with it!