



**IMPORTANT: Heresco Chiropractic and Associates are not responsible for any injury or illness arising from performing or attempting to perform these exercises. Ask your attending Physician or Doctor of Chiropractic for approval before attempting these exercises.**

## Rehabilitation Exercises

These Exercises should begin when you are 90 to 100% out of pain. They have been designed to strengthen your spine, and along with regular chiropractic check-ups, keep it healthy and strong.

### **The Plank**



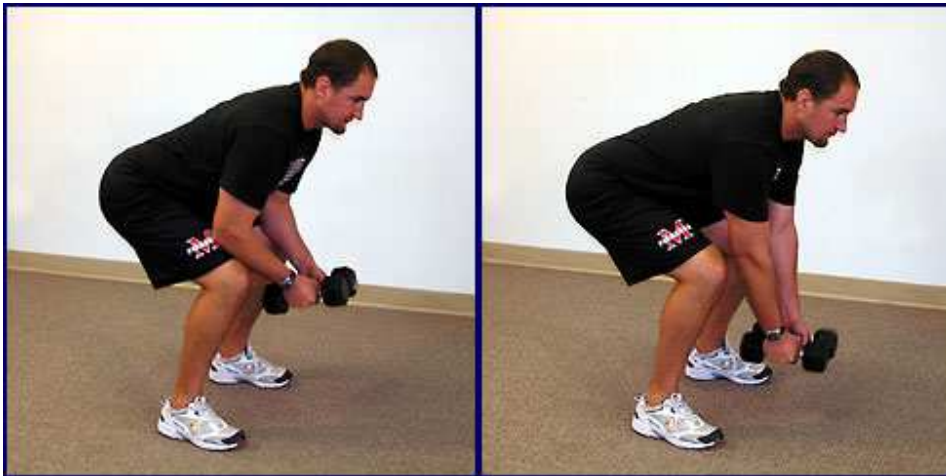
1. Place palms flat on floor with elbows shoulder width apart.
2. Tuck toes under, and raise entire body parallel to the ground.
3. Make sure to look forward and not down, keeping the head, neck, back, butt, and knees all in one line.
4. Hold for 30-60 seconds, rest and repeat.

## Exercise Ball Twist



1. Hold the ball evenly between shoulders with arms extended.
2. With knees slightly bent lower ball to the floor placing it slightly outside the right foot.
3. Then raise the ball up, crossing the body extending the ball upward toward the left ear, completely above the head.
4. Repeat several times, making sure to reverse the exercise from left to right.

## Reverse Fly



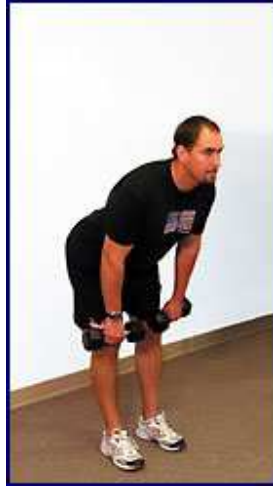
1. Start in a "football" stance with knees bent and rear facing back wall as demonstrated in picture #1.
2. Using a light dumbbell, start with arms straight toward the floor, and slowly raise arms outward parallel to the floor.
3. Bring weights back together between the knees, and repeat exercise.

## **The Down Dog**



1. Begin on your hands and knees.
2. Curl your toes and raise your bottom toward the ceiling, lowering the heels to the floor, and extending the arms straight.
3. Allow the head to relax and dangle.
4. Be sure the head and shoulders are far enough back, so that all of your weight is not resting on the shoulders.
5. Rest in this position for 30 second to a minute and then repeat.

## Straight-leg Dead Lift



1. Stand with a shoulder width or narrower stance. Grasp dumbbells to each side.
2. With legs straight (knees never locked), lower dumbbells by bending hips until hamstrings are tight, or just before lower back bends. Be sure not to round the back.
3. Lift the dumbbells by extending hips until standing straight again.
4. Pull shoulders back slightly at the top of lift if rounded. Repeat.

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