

Phase 2 - Stretches

THE INNATE PHYSICAL FITNESS PROGRAM ENERGY EXPENDITURE AND DAILY ACTIVITY PATTERN PROFILES

Activities to Avoid or Minimize

1. Sitting
2. Standing with weight on one foot
3. Reading on back with head flexed forward
4. One sided sports (always practice both hands)
5. Carrying bags on one shoulder
6. Sleeping on stomach
7. Cradling phone between shoulder and ear
8. Watching T.V. (no justification possible)
9. Repetitive activities with arms in front or overhead
10. Poor posture during any activity

Good choices to make

1. Follow the Innate Physical Fitness Plan
2. Daily Innate Spinal Hygiene
3. Regular Chiropractic Spinal Checkups
4. Sitting on ball with good posture at good work station
5. Frequent breaks with exercises and stretches
6. Maximize opportunity for physical daily living tasks
7. Hobbies that require physical exertion
8. Finding an exercise buddy or group
9. Gymnastics, Yoga, Pilates, or equivalent
10. Set mirrors in car so you can only see out of them with proper posture
11. Dance!!
12. Own a wobble board or mini tramp and a Swiss ball

Stretches To Be Used At Discretion Of Practitioner

- These are in no way intended to be a full, comprehensive list of all stretches. These stretches are for the most common short muscle patterns secondary to chronic toxic industrial postures like sitting (forward head carriage, rounded, internally rotated shoulders (short lats, pecs, interscapular muscles, external shoulder rotators), trunk flexion (abdominals, anterior spinal ligaments), thigh flexion (gluteus medius, psoas, tensor fasciae latae, iliotibial band hip joint capsule and crossing musculature), thigh medial rotation (short piriformis), knee flexion (hamstrings, low back).
- The best option for general mobility and core strength is to have all patients involved in gymnastics, yoga or pilates classes at least twice a week.
- For each exercise get into the stretching position and hold for a minimum of 30 seconds once accustomed to the stretch. Always stretch both sides of the body equally.

The Wellness Practice Doorway Stretch

- Stand in doorway with shoulders and elbows at right angles keep head pulled back and chin slightly tucked.
- Walk or lean through doorway forcing arms posterior and stretching chest, shoulders, and external rotators.
- Relax and inhale, exhale slowly while actively stretching; Hold for 30 seconds.



Interscapular Muscles

Stand with feet shoulder width apart. Bring your arm across your body pulling your shoulder blade away from your spine as far as possible and hold for at least 30 seconds. Repeat for opposite arm.



Swiss Ball Back Extension (Chest Shoulders, Abs, Anterior Spinal Ligaments)

Lie on a Swiss ball and bring arms up with 90-degree angles at shoulder and elbow. Lean head back and extend spine as far as possible while keeping feet planted on floor. Hold extended position for at least 30 seconds. If dizziness occurs stop and inform your doctor.

**Swiss Ball Back Extension II**

Lie on Swiss ball with arms extended over your head and legs extended out with feet flat on floor as shown. Extend head and spine as much as possible and hold for at least 30 seconds. In case of dizziness stop and inform doctor.



Back Scratch Stretch (Chest, Anterior Shoulders, Triceps, Interscapular Muscles)

Standing with proper posture, bring arms behind back and grip towel as shown. Pull up with superior arm as far as possible and hold for at least 30 seconds then pull down with the inferior arm as far as possible and hold for at least 30 seconds. Switch arms and repeat.

**Lat Stretch (Upper Back)**

While squatting down in full squat with arms in between knees grasp an immovable object with both hands interlocked. Lean back as far as possible and stretch and hold for at least 30 seconds.



Supine Hip Rotators (Low Back)

Lie prone on your back with knees together and bent at 90-degrees and one arm at your side and the other out at 90-degrees for support. Slowly drop your knees as far as possible to the side with your arm at your side while keeping your shoulder blades on the floor and your knees held together. Hold for at least 30 seconds then come back to the start position and repeat to the other side.

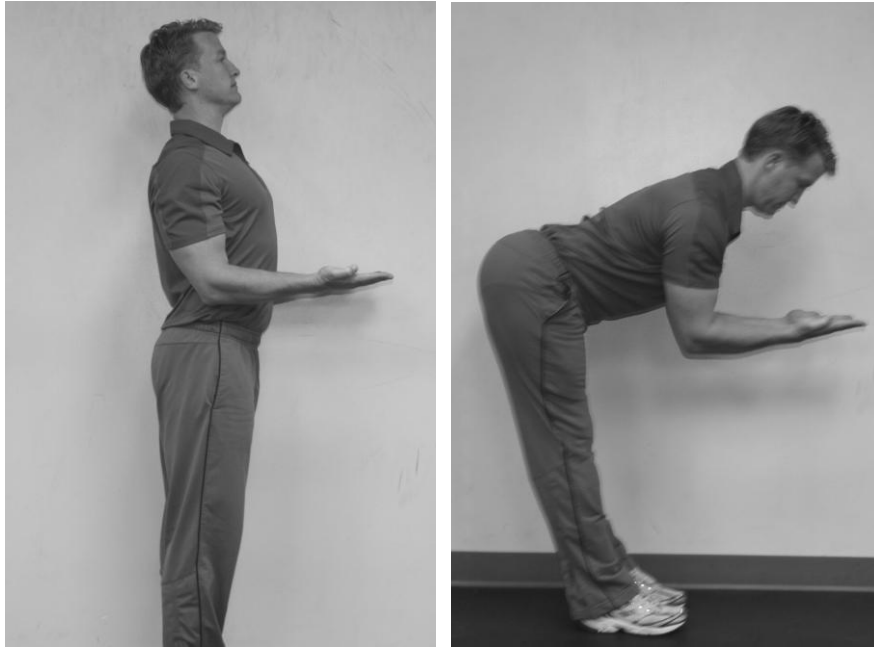
**Leg Tuck (Low Back)**

Lie on your back and use your arms to pull your knees to your chest as much as possible and hold for at least 30 seconds.



Straight Leg Waiter Stretch (Low Back and Hamstrings)

Stand with feet close together and knees straight with hands out in front with elbows bent at 90-degrees as shown. Bend forward at the hips sticking your buttocks out behind you but keeping your legs straight. Hold for at least 30 seconds.



Lunge Stretch (Psoas and Quads)

Put one knee on chair or bed or bench with the opposite foot on the floor with slightly bent knee (keep knee directly over foot) as shown. Keeping good posture, bend knee of forward leg as much as possible thus forcing the posterior thigh into extension and stretching the psoas and quadriceps muscles of the posterior leg. Hold this position for at least 30 seconds. Repeat for opposite leg.



Supine Hamstring Stretch (Hamstrings)

Lie flat on your back and flex one thigh to 90-degrees keeping the knee bent at 90-degrees as shown. Point your toe and slowly straighten your leg as much as possible and hold for at least 30 seconds. You can use a towel, rope or exercise band if needed. Repeat for opposite side.

**Quad Stretch (Quadriceps)**

Stand with feet shoulder width apart and bend knee and grasp ankle with hand as shown. Pull ankle toward buttock as much as possible while keeping knee directly over foot. A chair or counter can be used to stabilize if necessary. Hold for at least 30 seconds and repeat for other leg.



Prone Back Extension (Low Back, Anterior Spinal Ligaments, Abdominals)

Lie on floor with hands in push up position. Keeping thighs and hips on floor push up and extend your spine as much as possible and hold for at least 30 seconds.



IT Band Stretch (IT Band, Tensor fasciae latae)

Stand on right leg and cross left leg over right but keep all the weight on your right leg. Push right hip away from right foot as you laterally flex to the left and bend down trying to touch the outside of your right ankle in order to stretch the right IT band and tensor fasciae latae muscle. Hold this position for at least 30 seconds. Repeat for the opposite side.



Supine Piriformis Stretch (Piriformis, Gluts)

Lie flat on your back and bend your right knee 90-degrees and use your right hand to pull your thigh across your body so that your right knee is pointing at your left shoulder. Use your left hand to grasp your ankle (can use towel if necessary) and pull the ankle toward the floor. Hold for at least 30 seconds. Repeat for the opposite leg.

**Seated Hip and Glut Stretch**

Sitting with good posture bend left knee and place ankle onto right knee as shown. With left hand press left knee toward floor as far as possible and hold for at least 30 seconds. Repeat for right side.

