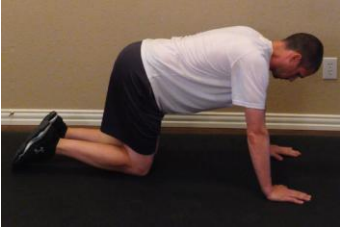
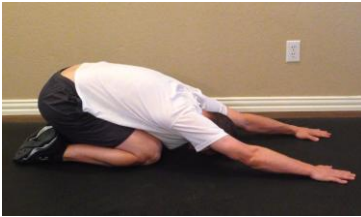


# Lower Back Stretching



**Cat-Dog Stretch:** Start on hands and knees with hands under shoulders and knees under hips. Round your back upwards, tucking chin towards chest and rolling hips forward. You should feel a stretch down the spine. Hold that position for a few seconds. Continue into the Dog position by letting your lower back sag down towards the floor. You should tilt your head upwards to assist in extending the spine. Hold that position a few seconds. Go through the 2 positions 5-10 times.



**Child's Pose** – Start on your knees. Sit back onto your heel, bring your head towards the floor and reach arms as far forward as you can with palms flat on the floor. Take 2 or 3 slow deep breaths while in this position.



**Hamstring Stretch** – While seated on floor, place one leg out straight and the bend the other, placing the bottom of the foot inside the knee of the straight leg. Reach toward the toes, keeping the leg straight. Hold 15 seconds. Repeat other side. Perform each side 3-5 times.



**Seated Rotation** – Cross one leg over the other, placing foot outside opposite knee. Twist torso in direction of the knee that is raised. Use arm to increase the rotation in the lower back. Hold 15 seconds and repeat in the other direction. Perform each stretch 3-5 times.



**Supine Rotation** – Lay on back. Bring one knee across the body, grabbing it with the opposite hand. Try to keep shoulders flat on the floor. Hold 10 seconds and repeat in the other direction

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