Back To Action
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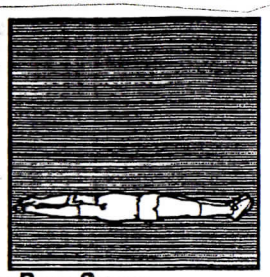
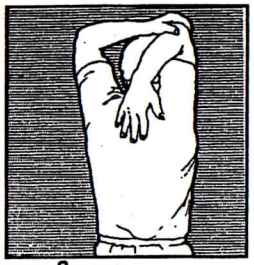
HOME

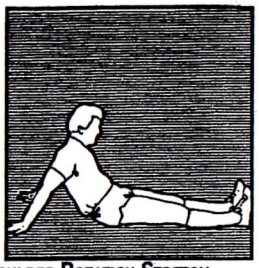


1. High Reach Stretch
Lie flat on back, arms fully extended above head. Point toes and extend fingers, elongating body as much as possible.

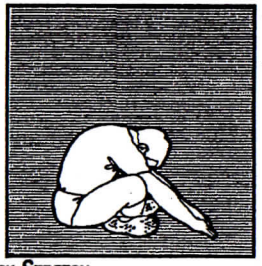
2. Neck Stretch
Stand upright. Allow the head to drop forward, then move it slowly in a full circle to the right. Repeat to opposite side.
While keeping neck as straight as possible, tilt head to right. Now, slowly lower head toward right shoulder. Repeat in four positions: right, left; front (pull chin in then lower forward); back (jut chin upward, then drop head back slowly.



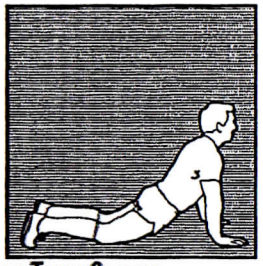
3. Shoulder Stretch
Stand upright. Bring hand to upper back from above shoulder. Gently pull right elbow downward with left hand, moving the right hand down center of upper back. Repeat to opposite side.



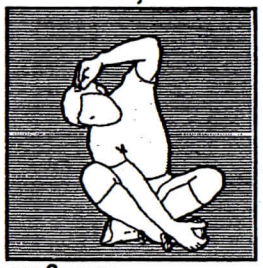
4. Shoulder Rotation Stretch
Sit on floor, legs outstretched, with arms extended back, hands flat on floor and shoulder-width apart, extend lower body forward, keeping hips on floor.



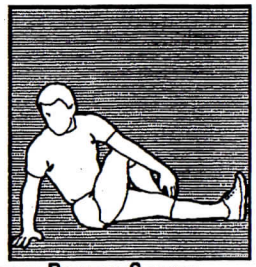
5. Back Stretch
Form a crossed-leg sitting position, bend forward slowly, extend arms, drop head and shoulders.



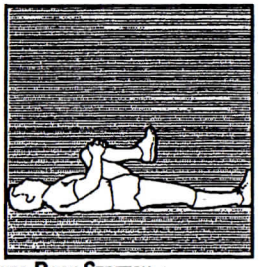
6. Upper Trunk Stretch
From a face-down prone position with hands flat on floor next to shoulders, slowly push up and arch backward. Keep thighs flat on floor.



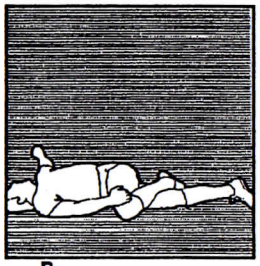
7. Lateral Stretch
From a crossed-leg sitting position, grasp right foot with right hand, extend left arm above head. Bend upper body slowly to right. Repeat to opposite side.



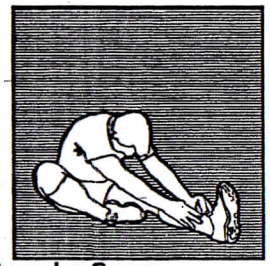
8. Lateral Rotation Stretch
In sitting position, place right foot to outside of left knee. Place back of left arm against knee and apply steady pressure while rotating upper body to right. Repeat to opposite side.



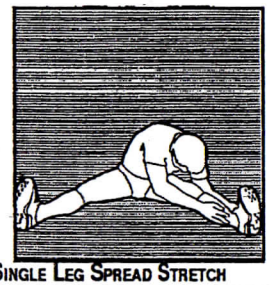
9. Lower Back Stretch
Lie flat with back of head resting on floor, both legs extended. Bend and raise left knee and grasp with both hands. Slowly pull knee toward chest. Repeat to opposite side.



10. Trunk Rotation
Lie flat on back, head resting on floor, both legs extended. Bend left leg to place left foot behind right knee. Use right hand to pull knee toward floor while extending the left arm and turning the head and upper body in opposite direction. Repeat to opposite side.

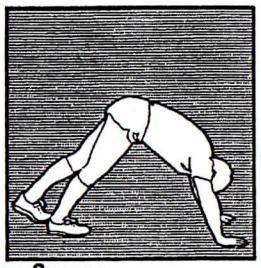


11. Single Leg Stretch
Sit upright with legs fully extended. Place sole of right foot against inside of left thigh. Flex left foot back. Slowly lower chest downward toward knee, reaching for left ankle. Repeat to opposite side.

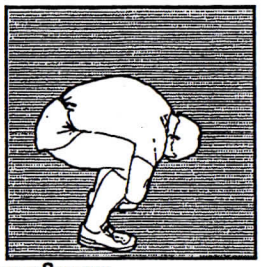


12. Single Leg Spread Stretch
Sit upright with legs apart and fully extended, both feet flexed back. Grasp left ankle with both hands while slowly lowering chest toward left knee. Repeat to opposite side.

13. Single Quadriceps Stretch
Lying on right side, grasp left foot behind hips with left hand. Gently pull ankle upward. Repeat to opposite side.



14. Calf Stretch
Bend from waist to piked position, hands flat on floor, heels raised. Place toe of left foot on heel of right foot and apply downward pressure. Slowly lower right heel to floor. Repeat to opposite side.



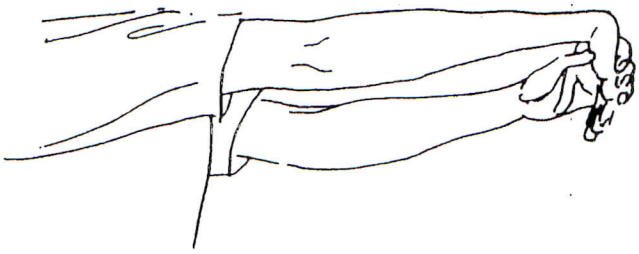
15. Squat Stretch
Stand upright. Slowly bend as the waist and knees to assume a squatting position, chest on knees, thighs parallel to floor. Grasp lower legs with both arms.

BACK to ACTION CHIROPRACTIC

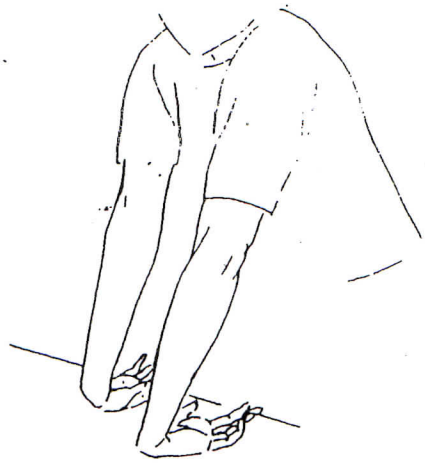
Results You Can Feel.

Wrist Stretches Take Home Worksheet

With elbow straight, palm down, bend wrist down so palm faces toward you.



With elbows straight, place back of hands on table and lean away from hands.



Hold arm in front of you with elbow straight, cross opposite arm over the top and clasp hands. Use top arm to rotate arm and bend your wrist.

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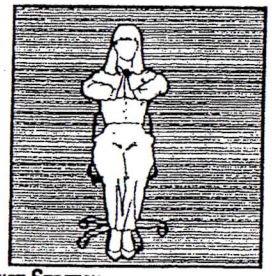
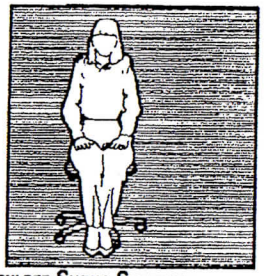
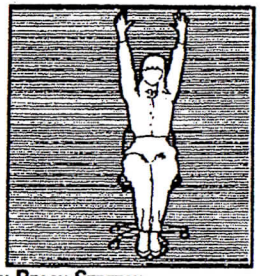


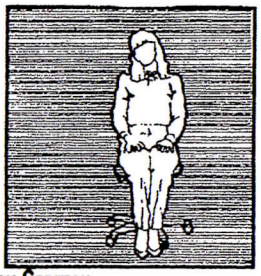
1. Wrist Stretch
Place palms together in front of chest. Keeping palms together and hands in stationary position, slowly raise elbows upward as far as possible.



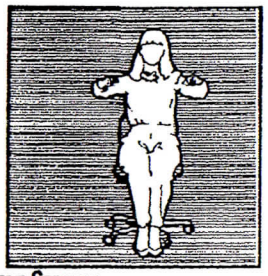
2. Shoulder Shrug Stretch
Rest hands on upper thighs. Slowly lift (shrug) shoulders as high as possible.



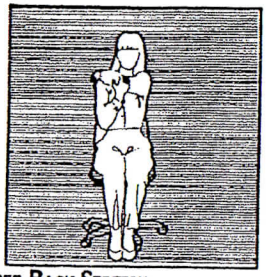
3. High Reach Stretch
Slowly raise arms outward and upward to full extended position above head. While reaching high, extend and spread fingers, form fist, hold, then spread fingers and rotate hands in circular motion.



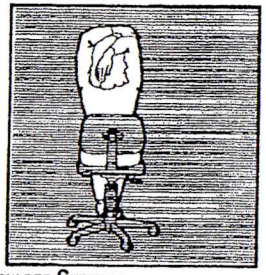
4. Neck Stretch
Rest hands on upper thighs. **A.** Allow the head to drop forward, then move it slowly in a full circle to right. Repeat to opposite side. **B.** While keeping neck as straight as possible, tilt head to right. Slowly lower head toward right shoulder. Repeat in four positions: right; left; front (pull chin in then lower head forward); back (jut chin upward, then drop head back slowly).



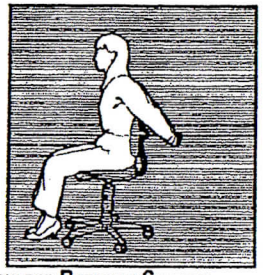
5. Chest Stretch
Bend arms at elbows and raise to shoulder height. Slowly pull arms backward as if attempting to touch elbows together behind back.



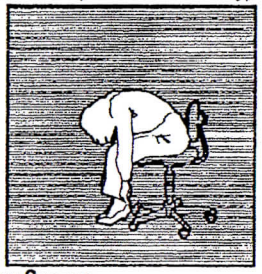
6. Upper Back Stretch
Place left hand on right shoulder. Grasp left arm above elbow with right hand. Slowly pull left elbow toward right shoulder. Repeat to opposite side.



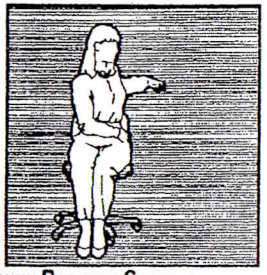
7. Shoulder Stretch
Bring right hand to upper back from above shoulder. Gently pull right elbow downward with left hand, moving the right hand down center of upper back. Repeat to opposite side.



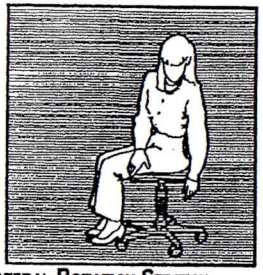
8. Shoulder Rotation Stretch
Extend arms backward and clasp hands behind back. Slowly lift arms upward.



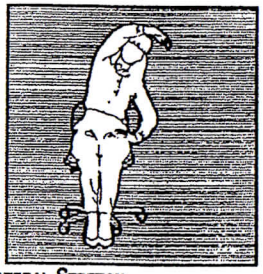
9. Back Stretch
Bend forward as far as possible, dropping head, shoulders, and arms forward.



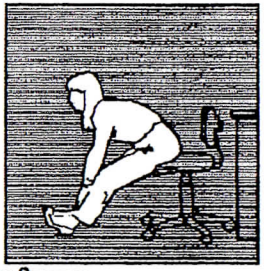
10. Trunk Rotation Stretch
Grasp left hip with right hand. Bend left arm and raise to shoulder height. Rotate upper body to left while pulling on hip with right hand. Repeat to opposite side.



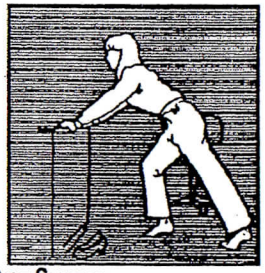
11. Lateral Rotation Stretch
Place right hand on outside of left thigh. Rotate upper body to left while pulling on thigh with right hand. Slowly bend to left from waist. Repeat to opposite side. (For added support, place left hand on side of chair.)



12. Lateral Stretch
Place left hand on hip. Extend right arm over head. Slowly bend upper body to left. Repeat to opposite side.



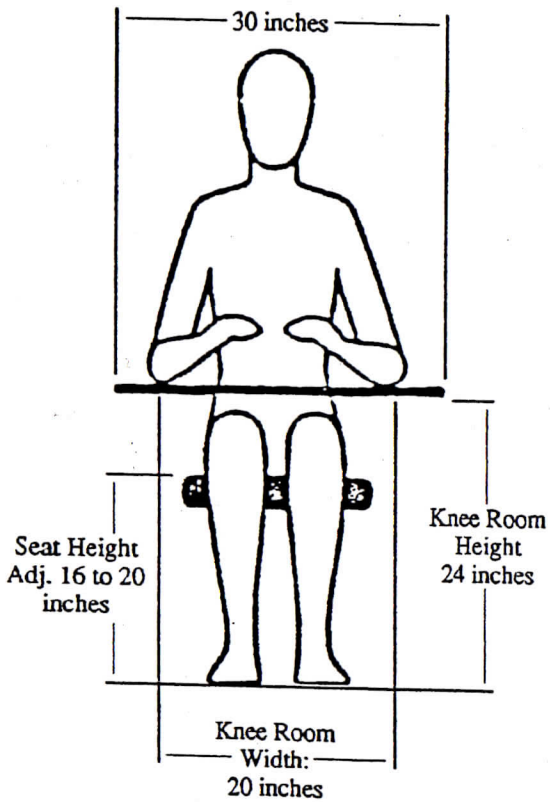
13. Leg Stretch
Sit on forward edge of chair, hands on knees, legs fully extended, heels on floor. Holding head up, move upper body slowly forward, reaching hands toward ankles. (To prevent chair from slipping, brace chair back against wall or side of desk.)

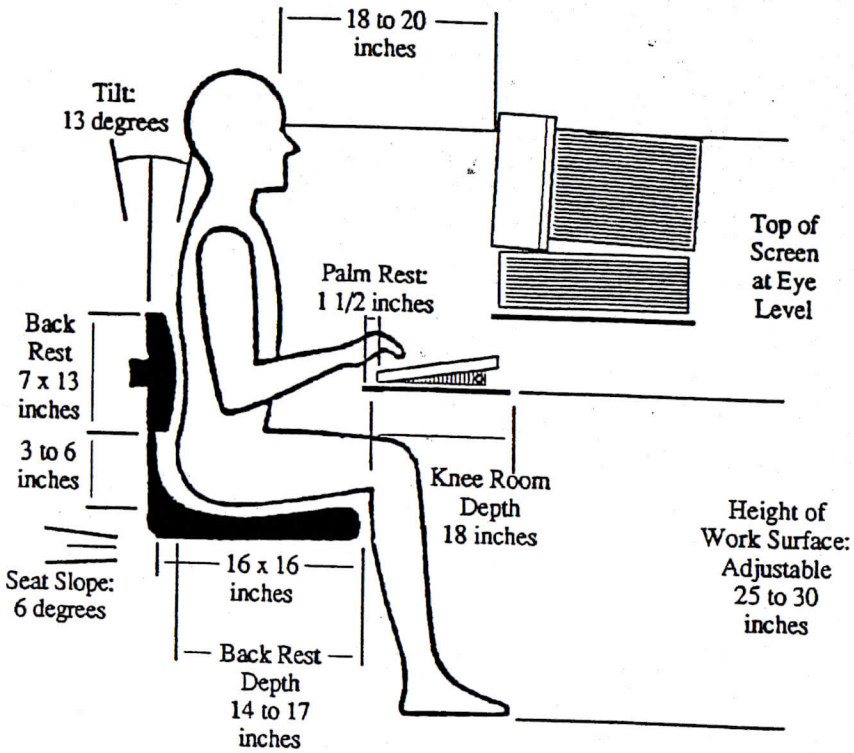


14. Calf Stretch
Assume an upright stride position, right leg forward, right knee flexed, both hand braced upon a stationary object. Keeping both feet flat on floor, slowly push hips forward as far as possible. Repeat to opposite side. (High heeled shoes should be removed.)

Ergonomic Guidelines for Video Display Terminal Users

As suggested by the Liberty Mutual Research Center





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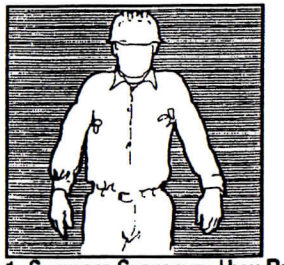
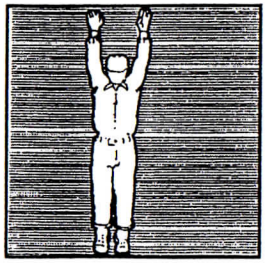
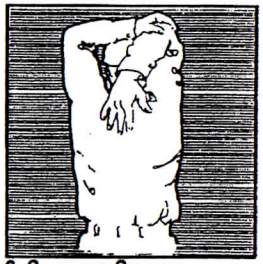
INDUSTRY

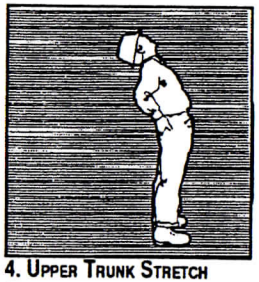



1. Shoulder Shrug with High Reach
Slowly lift (shrug) shoulders as high as possible and hold 8-10 seconds. Slowly raise arms from sides to fully extended position above head, and, as the same time, lift the body up onto toes. While reaching high, extend and spread fingers, form fist, hold, then spread fingers and rotate hands in a circular motion. Slowly lower arms and body.

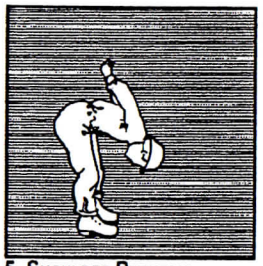
2. Neck Stretches
While keeping neck as straight as possible, tilt head to the right. Now, slowly lower head toward right shoulder. Repeat in four positions: right; left; front (pull chin in then lower head forward); back (jut chin upward, then drop head back slowly).



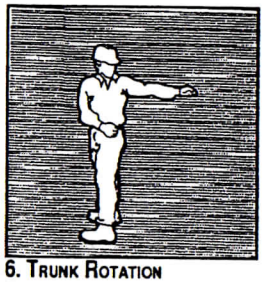
3. Shoulder Stretch
Bring right hand to upper back from above shoulder. Gently pull right elbow downward with left hand, moving the right hand down center of upper back. Repeat to opposite side.



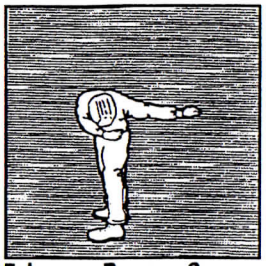
4. Upper Trunk Stretch
Place hands on back of hips. Slowly arch upper body backwards.



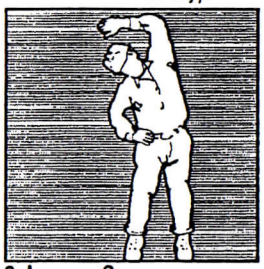
5. Shoulder Rotation Stretch
Keeping knees slightly bent, clasp hands behind back. Slowly bend forward from the waist while lifting arms upward.



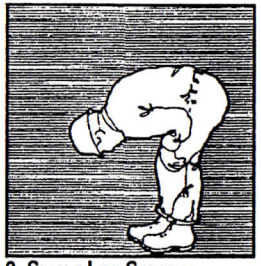
6. Trunk Rotation
Extend left arm out to side and grasp left hip with right hand. Rotate upper body to the left while pulling on hip with right hand. Repeat to opposite side.



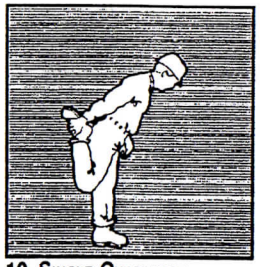
7. Lateral Rotation Stretch
Stand upright. Extend left arm out to side and grasp left hip with right hand. Rotate upper body to left while pulling on hip with right hand, then bend slowly from waist to left side. Repeat to opposite side.



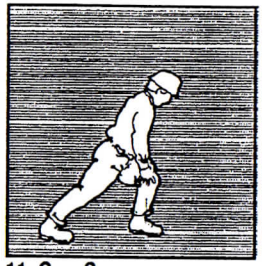
8. Lateral Stretch
Place right hand on hip, extend left arm over head and bend upper body sideways to the right. Repeat to opposite side.



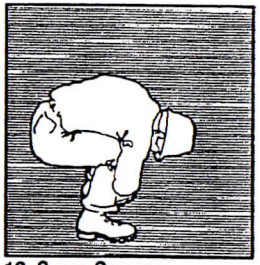
9. Single Leg Stretch
Cross legs, keeping both knees slightly flexed. Bend forward slowly from the waist and place both hands on knees. Continue bending forward as far as possible. Repeat to opposite side.



10. Single Quadricep Stretch
Grasp right ankle behind hips with right hand. (Place left hand on stationary object for balance, if needed.) Pull ankle upward. Repeat to opposite side.



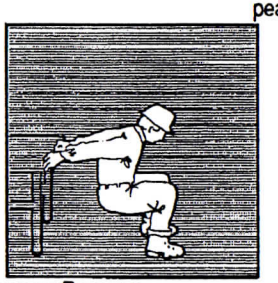
11. Calf Stretch
Stand in upright stride position, left leg forward. Flex forward and place both hands on left knee. Keeping both feet flat on floor, slowly push hips forward as far as possible. Repeat to opposite side.



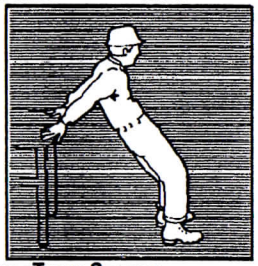
12. Squat Stretch
Slowly bend at the waist and knees to assume a squatting position, chest on knees, thighs parallel to floor. Grasp lower legs with both arms.

Alternative Stretching Exercises

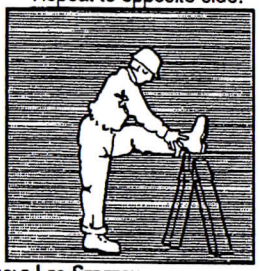
Recommended if facilities are available



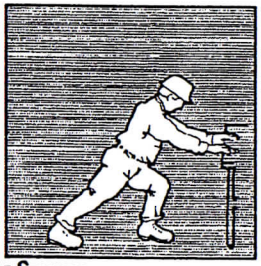
A. Shoulder Rotation
Stand with back toward a stationary object 1/2 your height. Extend both arms straight back, shoulders-width apart, and place palms flat on top of the object. Slowly lower body by flexing knees to assume a deep knee bend position.



B. Upper Trunk Stretch
Moving out of a 6-8 second shoulder rotation stretch, push hips slowly forward and upward to reach an arched standing position.



C. Single Leg Stretch
Stand upright. Extend left leg and position on a stable, waist-high support, keeping knee slightly flexed. Bend upper body forward toward elevated leg. Repeat to opposite side.



D. Calf Stretch
Assume an upright standing position, left leg forward, left knee flexed, both hands braced upon a stationary object. Keeping both feet flat on floor, slowly push hips forward as far as possible. Repeat to opposite side.