

Route 28 Chiropractic

Phone: (513) 575-5444

1240-B State Route 28

◆ Milford, OH 45150 ◆

Fax: (513)575-1819

Pelvic Tilt: Lay on your back with your knees bent at a 45° angle. Your feet should be resting comfortably on the ground. Tighten your abdominal (stomach) muscles and push your low back down into the floor. You will feel your pelvis move a little and you just hold that position for a couple of seconds and then relax. Repeat 10 times for 3 sets.

Pelvic Tilt with Single Knee to Chest: Follow the directions for the pelvic tilt and while holding the tilt bring one knee to your chest and hold that knee for ten seconds. Continue to hold the tilt and lower the first leg and then bring up the second and hold for ten seconds. Repeat that three times for each leg.

Pelvic Tilt with Double Knee to Chest: Follow the directions for the pelvic tilt and while holding the tilt lift one knee and then the other to your chest and hold both knees for ten seconds. Continue to hold the tilt and lower the first leg and then the second and relax. Repeat that three times for both legs.

Pelvic Tilt with Single Leg Extension and Leg Lowering: Follow the directions for the pelvic tilt and while holding the tilt straighten one leg up and lower it down to the ground and then return it to the starting point. Then repeat that for the opposite leg. Do 10 repetitions for each leg. Do three sets.

Pelvic Bridge: Lay on your back with your knees bent at a 45° angle. Your feet should be resting comfortably on the ground. Tighten your abdominal (stomach) muscles and use your legs to bring your pelvis up so that your knees, hips, and shoulders are in a line. Pause briefly at the top. Perform 3 sets of 10 repetitions.

Pelvic Bridge with Leg Straightening: Lay on your back with your knees bent at a 45° angle. Your feet should be resting comfortably on the ground. Tighten your abdominal (stomach) muscles and use your legs to bring your pelvis up so that your knees, hips, and shoulders are in a line. While holding your pelvic bridge straighten one leg and then return it to the starting point, repeat with the opposite leg. Perform 3 sets of 10 repetitions.

Piriformis Stretch: Lay on your back with your knees bent at a 45° angle. Start with your feet resting comfortably on the ground. Cross one leg over the other and grab the leg that is crossed over with the opposite hand and stretch toward the shoulder. While holding your pelvic bridge straighten one leg and then return it to the starting point, repeat with the opposite leg. Perform 3 repetitions holding each stretch for 10-15 seconds.

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Prone Passive Stretch: Lay face down with your arms crossed under your chin. Hold that stretch for 30 seconds. Repeat 3 times.

Prone Passive Stretch (T.V. Watching Position): Lay face down with your arms propped up on your elbows and crossed under your chin. Hold that stretch for 30 seconds. Repeat 3 times.

Prone Active Stretch: Lay face down with your arms in a push-up position. While keeping your hips on the ground raise your upper body of the floor using your arms to assist you but primarily using your low back muscles. Hold that stretch for 3 seconds. Repeat 10 times for three sets.

Crossed Extension: Get on your hands and knees. Raise your right arm straight out in front of you and then return it to the starting position, repeat with the left arm. Then straighten your right leg and return to the starting position, repeat with the left leg. Now raise your right arm straight out in front of you and straighten your left leg. Hold that for 2 seconds. Repeat using the opposite arm and leg, 10 times for three sets.

Physiotherapy Ball Exercises

Physiotherapy Ball Pelvic Rock: Sit on the ball with your hands resting on your hips. Slowly rock your pelvis back and forth and from side to side while keeping your abdominal muscles tight and your back straight. Perform 10 repetitions each way for three sets.

Physiotherapy Ball Abdominal Crunch: Sit on the ball and walk your feet out so that your lower back and buttocks are on the ball. Cross your arms in front of you and tighten your abdominal muscle raising your shoulder blades up off the ball. Perform 10 repetitions for three sets.

Physiotherapy Ball Arm Raise Turn and Tighten: Sit on the ball with your hands resting on your hips. Slowly rock your pelvis back and forth and from side to side while keeping your abdominal muscles tight and your back straight. Perform 10 repetitions each way for three sets. This exercise will work the oblique (side) muscles of your stomach.

Physiotherapy Ball Hip Stretch: Place one foot along the side of the ball and one knee behind the ball. Roll the ball forward while keeping your back straight. You should feel a stretch in the hip region. Hold for 10 seconds. Repeat three times three for each leg.

Physiotherapy Ball Trunk Stretch: Lay flat on your back holding the ball in front of you. Put one leg over the other stretching across your body while at the same time turn your arms that are holding the ball to the opposite side. Hold for 5 seconds. Repeat ten times each way. Perform three sets.

Physiotherapy Ball Kneeling Trunk Stretch: Kneel down behind the ball grasp the ball with one hand on each side. Lean forward so that you are stretched out towards the ball. Roll the ball slowly from side to side as far as you can without losing a hold of the ball. Repeat ten times each way. Perform three sets.

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Cervical Spine: Laterally flex the head so that your right ear to touch your right shoulder hold for 15 sec. then drop your chin down and roll to the opposite side and hold for 15 sec. Repeat three times each side.

Cervical Retraction: bring your head straight back and hold for 15 sec. Repeat three times; three times daily.

Levator Scapula Stretch: Turn your head 45 degrees to the right and then bring your chin straight down and hold for 15 sec. Then do the same on the left side. Repeat three times.

Shoulder Shrugs: Shrugs your shoulders by bringing your shoulders up toward your ears. Then drop them down. Perform 10 reps per set; three sets.

Arm Circles: hold your arms out laterally and rotate (small circles) first backward 20 times and then forward 20 times. Then do large circles 20 times each way.

Prone Scapulothoracic: lying face down with a towel in a circle so you can breath, hold your arms out to the side with your thumbs pointed to the ground, relax your neck and use your upper back muscles to lift your arms; repeat with your thumbs pointed up. Keep your arms out to the side. Goal: 3 sets of 10 reps.

Theraband Shoulder Exercises: Place one end of the band under your right foot when doing the right arm and vice versa. Keep your arm straight for abduction, flexion, and extension--Abduction- place your arm to the side with your thumb pointed to the hip, holding the band raise your arm to 90 degrees. Flexion-raise your arm out in front of your body to 90 degrees. Extension-extend you arm behind your body. For internal and external rotation keep elbow against side with 90 of flexion at the elbow- band is tied to a door knob and perform the external and internal rotation for each arm. . Slowly lift in the direction you are doing abduction, etc. then return to the starting position. Do this slowly and don't just drop your arm on the way down. Go through all planes and do both arms (affected/injured arm first).

Pendulum: Standing and leaning on a counter with your asymptomatic arm let your symptomatic arm hang. Rock your body back and forth and allow your arm to swing. Do not engage the muscles.

Wand: Standing holding a wand with your asymptomatic arm and your symptomatic hand/arm on the other end of the wand. Slowly raise your arm in flexion, abduction, and extension. Do not engage the muscles.

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Slow High Knee: walk/jog bring one knee up above the hip at a time. 30 sec-1min

Standing Alternating Leg Lift: While standing lift your leg straight out and at the same time touch that foot with the alternate hand. Continue with alternating hand to foot. 30 sec-1min

Lunge Pulse: Start with your feet wider than shoulder with apart. Raise your arms out wide even with your shoulders. Do a pulse squat while tucking your hips under. Do that facing forward. Then turn to the left and do a left pulse lunge and to the right. 30 sec each

Twisting Lunge: Start with your feet wider than shoulder with apart. Raise your arms out wide even with your shoulders. Start facing forward then turn to the left and then to the right. 30 sec

Plank: Get in a plank/push-up position and hold for 30 sec.

Supine Alternating Leg Lift: While lying on your back with your head off the floor, lift your leg straight out and at the same time touch that foot with the alternate hand. Continue with alternating hand to foot. 30 sec-1min

Seated Reverse Crunch/V-hold: While seated bring your legs in and arms as if you were doing a crunch and hold for 5 sec, then go to a V-hold for 5 sec, continue alternating. 30 sec-1min

Hip Up/V-hold: While seated with your knees bent and your arms behind you lift your hips up and hold for 3 sec, then go into a V-hold and come back out of it, continue alternating. 30 sec-1min

Seated 5 Move: Hold each for 5sec then switch. Starting in a seated position with your knees bent and your hands out in front facing up; then left leg hold with the right foot facing the left knee; right leg hold with the left foot facing the right knee; then reverse crunch; then V-hold. Go through two times for each. 1min

Lunges: Standing with one leg in front of the other lunge until your knee is over the ankle and then return to the start position. Do these with both feet point forward, with your front foot pointed in/out (to tolerance).

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