

Child's Pose Stretch

Hold: 30-60 seconds



1. Start on your hands and knees.
2. Sit back on your heels and extend your arms forward, resting your forehead on the floor.
3. Relax your body and breathe deeply.

Purpose: Relax back muscles and improve flexibility.

Tip: Breathe deeply and allow your body to sink further into the stretch with each exhale.

Mckenzie exercises

Hold Time: 30 seconds

Reps/Sets: 6-8 reps, 3-4 times per day

Tip: Stop if pain peripheralizes (moves further down the leg).



Instructions:

From the prone position, slowly prop yourself up onto your forearms.

Keep your hips and pelvis in contact with the surface.

Avoid tensing your lower back; relax your glutes.

Look forward gently (neck neutral).



SPORTS CHIROPRACTIC
AND NATURAL HEALTH SOLUTIONS

Pompano Beach Chiropractor-Dr. Brett Goldstein