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.

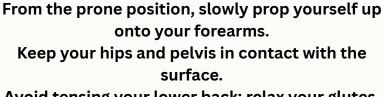
Tip: Breathe deeply and allow your body to sink further into

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:

Avoid tensing your lower back; relax your glutes.

Look forward gently (neck neutral).





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