

CLICK CHIROPRACTIC

a wellness guide to stretching

“FLEXIBILITY IS
THE KEY TO A
HEALTHY BODY
AND MIND.”

GRETCHEN BLEILER





1 **PAGE 03**
Benefits and Rational for Stretching



2 **PAGE 05**
Stretching Recommendations



3 **PAGE 07**
Counter Movement



4 **PAGE 11**
How to Create a Daily Regimint



5 **PAGE 12**
Full Body Stretching Routine

CONTENTS

What's the deal with **STRETCHING?**

Let's talk about the **benefits** and **rationale**



Stretching can serve as a supportive ally to chiropractic adjustments, enhancing their effectiveness and longevity. Before your adjustment, gentle stretching can help loosen up tight muscles and joints, making it easier for Dr. Click to manipulate your spine and joints into proper alignment. Think of it as priming your body for optimal adjustment, allowing for smoother movements and deeper realignment.

After your adjustment, stretching can complement the benefits of manipulative therapy. Stretching helps to improve flexibility and range of motion, which can support the realignment of your spine and joints. This can help prevent them from returning to their previous misaligned state.



What's the deal with **STRETCHING?**

Let's talk about the **benefits** and **rationale**

Stretching also encourages relaxation and reduces muscle tension, which can further support the healing process and prolong the positive effects of the adjustment.

Incorporating stretching into your chiropractic care routine can amplify the benefits of both modalities, creating a synergistic relationship that promotes optimal musculoskeletal health and overall well-being. So, whether you're preparing for an adjustment or maximizing its benefits afterward, stretching can be a valuable tool in your journey to a healthier spine and body.



STRETCHING IS NOT JUST ABOUT TOUCHING YOUR TOES OR DOING SPLITS. IT'S A FUNDAMENTAL COMPONENT OF OVERALL WELLNESS AND CAN PLAY A CRUCIAL ROLE IN KEEPING YOUR BODY HEALTHY AND FUNCTIONAL.

STRETCHING RECOMMENDATIONS

In accordance to the American College of Sports Medicine (ACSM)

Stretching can be a fantastic way to enhance flexibility, reduce tension, and may aid in the prevention of injuries. The American College of Sports Medicine recommends incorporating stretching into your routine at least two to three days per week, with daily stretching being even more effective. When stretching, aim to feel a gentle pull or slight discomfort, never pushing yourself to the point of pain. Hold each stretch for 10-30 seconds, or up to 60 seconds for older individuals, and include a variety of stretches for different muscle groups, such as static, dynamic, or ballistic stretches.

To ensure comprehensive flexibility, it's important to address all major muscle-tendon units in your body. This full-body approach helps maintain balance and reduce the risk of muscle imbalances that can lead to injuries. By incorporating stretching into your daily life, you can improve your overall well-being and physical performance.

STRETCHING IS MORE THAN JUST A SIMPLE REACH; IT'S A GATEWAY TO A HEALTHIER, MORE FUNCTIONAL BODY.

STRETCHING RECOMMENDATIONS

In accordance to the American College of Sports Medicine (ACSM)

To make stretching a habit, listen to your body. Consistency is key, so try to incorporate stretching into your routine regularly. Remember to stay hydrated by drinking plenty of water before and after stretching. By following these recommendations and incorporating stretching into your routine, you can improve your flexibility, reduce tension, and promote your overall health and well-being.

Stretching is a simple yet effective tool to care for your body and feel your best every day.



What about

COUNTER MOVEMENTS?

Lets talk about the **benefits** and **rationale**

In today's digital age, many of us spend hours at a time performing repetitive movements and maintaining static positions, especially in the workplace. These activities, such as typing on a keyboard, using a mouse, and holding a phone to your ear, can lead to muscle imbalances, stiffness, and discomfort. Counter movement exercises can help alleviate these issues by promoting flexibility, reducing tension, and improving overall well-being.

Counter movements are effective because they address the imbalances and strains caused by prolonged periods of sitting, repetitive movements, and poor posture. When we perform repetitive tasks or maintain static positions for extended periods, certain muscles may become overused and tight, while others may become weak and underused. This imbalance can lead to discomfort, stiffness, and even injury. Counter movements work by targeting these imbalances through specific exercises that stretch tight muscles and strengthen weak ones.

COUNTER MOVEMENT ROUTINE

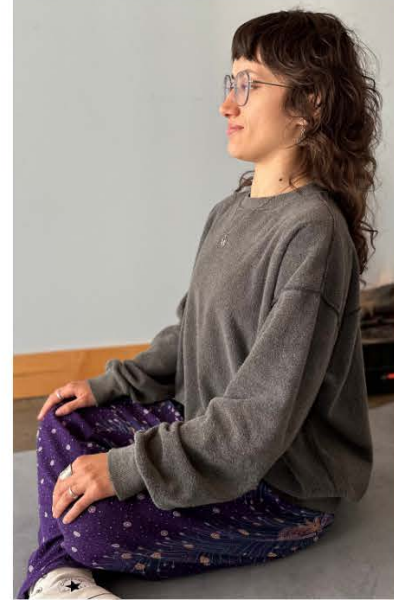
CHIN TUCKS

Sit up straight with your shoulders relaxed.

Gently tuck your chin towards your chest, lengthening the back of your neck.

Hold for 5-10 seconds.

Repeat 5-10 times.



COUNTER MOVEMENT ROUTINE

CAT COW

Inhale and arch your back, lifting your chest and tilting your pelvis forward (Cow Pose).



Exhale and round your back, tucking your chin towards your chest and tilting your pelvis backward (Cat Pose).



Flow between Cat and Cow Pose for 5-10 breaths.

COUNTER MOVEMENT ROUTINE



SHOULDER BLADE SQUEEZE

Sit up straight with your arms relaxed at your sides.

Squeeze your shoulder blades together, as if trying to hold a pencil between them.

Hold for 5-10 seconds.

Relax and repeat 10-15 times.



COUNTER MOVEMENT ROUTINE



THORACIC EXTENSION

Sit forward in your chair with your feet flat on the floor.

Place your hands behind your head, elbows pointing out to the sides.

Gently arch your upper back, lifting your chest towards the ceiling.

Hold for 5-10 seconds.

Return to the starting position and repeat 5-10 times.

FULL BODY STRETCHING ROUTINE



DOORWAY STRETCH

Stand in a doorway with your feet hip-width apart.

Raise both arms to shoulder height and place your palms against the door frame.

Lean forward slightly, keeping your back straight, to feel a stretch in your chest and shoulders.

Hold for 15-30 seconds.

For a single-arm stretch, place one hand on the door frame and rotate your body away from that arm to deepen the stretch.

Hold for 15-30 seconds on each side.

FULL BODY STRETCHING ROUTINE

FOREARM STRETCH

Extend one arm straight out in front of you with your palm facing down.

Use your other hand to gently bend your wrist, pointing your fingers towards the floor.

Hold for 15-30 seconds.

Repeat on the other arm.



TO STRETCH THE OTHER SIDE OF YOUR FOREARM, EXTEND YOUR ARM WITH YOUR PALM FACING UP AND GENTLY BEND YOUR WRIST, POINTING YOUR FINGERS TOWARDS THE FLOOR.

FULL BODY STRETCHING ROUTINE



HAMSTRING STRETCH

Sit on the edge of a chair and extend one leg straight out in front of you with your heel on the floor.

Keeping your back straight, lean forward from your hips until you feel a stretch in the back of your thigh.

Hold for 15-30 seconds.

Repeat on the other leg.

For a deeper stretch, you can perform this stretch while standing and placing your foot on a low stool or step.

FULL BODY STRETCHING ROUTINE



HIP FLEXOR STRETCH

Stand facing away from a chair or bench.

Place one foot on the chair behind you, keeping your knee bent at a 90-degree angle.

Keep your torso upright and gently push your hips forward until you feel a stretch in the front of your hip and thigh.

Hold for 15-30 seconds.

Repeat on the other side.

How to create a lasting stretching and movement habit

CHECKLIST



CHECK WITH YOUR DOCTOR

Before starting any new stretching routine, it's important to check with your doctor or healthcare provider, especially if you have any existing health conditions or concerns. They can provide personalized advice and ensure that stretching is safe and beneficial for you. Use this checklist to establish a lasting stretching regimen.



START SLOW

Begin your stretching journey with simple and gentle stretches. Focus on areas of tightness or discomfort, but avoid pushing yourself too hard. As you become more comfortable, gradually increase the intensity and duration of your stretches.



LISTEN TO YOUR BODY

Pay attention to how your body feels during stretching. A stretch should feel like a gentle pull or tension, not pain. If you experience pain, stop the stretch immediately.



SET "SMART" GOALS

Specific: Define your goal clearly. For example, "I will stretch for 10 minutes every morning."

Measurable: Track progress in a journal or app.

Achievable: Start with a few minutes daily, then increase.

Relevant: Focus on areas needing improvement.

Time-bound: Set a deadline for your goal.



FOLLOW ACSM GUIDELINES

The American College of Sports Medicine (ACSM) recommends incorporating stretching into your routine at least two to three days per week, with daily stretching being even more effective. Stretch to the point of feeling tightness or slight discomfort, and hold each stretch for 10-30 seconds. Include a variety of stretches for different muscle groups, such as static, dynamic, or ballistic stretches.

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