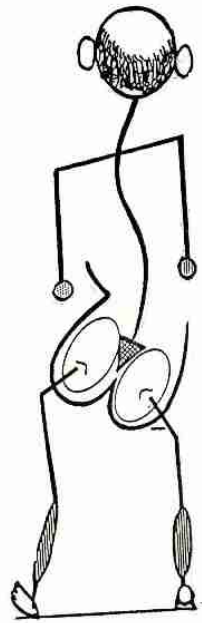


Low Back Warm-Up & General Strengthen Exercise



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LOW BACK WARM UP AND STRETCHING

General Stretching Guidelines

1. Warm-up and stretching programs increase circulation and muscle flexibility. This is very important and can;

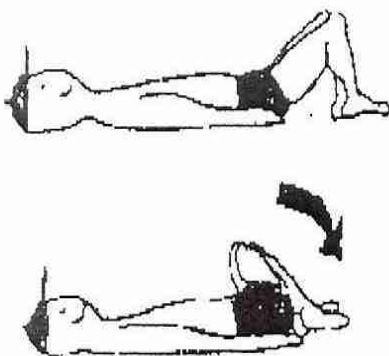
- a. Warm muscles and lubricate joints
- b. Prevent injury
- c. Improve exercise performance
- d. Decrease pain
- e. Increase your range of motion
- f. Improve posture

2. It is very important to follow these rules:

- a. Warm up prior to all exercise
- b. Stretch before and after exercise
- c. Stretching should never cause pain
- d. Stretches should be done slowly with no bouncing
- e. While stretching a muscle, the rest of your body should be relaxed

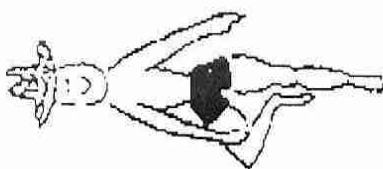
Note: Stretching is not the same as strengthening. If you follow the rules, you can stretch as much as you like.

LOWER TRUNK ROTATION



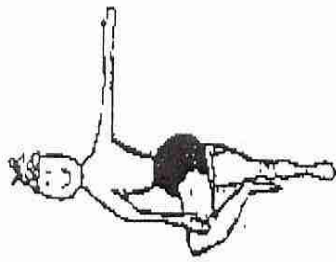
Lie flat on back with both knees bent and soles of feet on the floor. Begin rocking side to side in a slow rhythmical fashion. Increasing your range of motion in small increments until you are moving through as much range of motion that you can with no pain.

FIGURE FOUR STRETCH



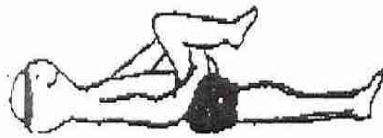
Lie flat on back. Begin with both legs straight. Place the sole of your right foot against the inside of your left thigh. Keep left leg down on the floor. With your right hand apply slight pressure to the inside of the right knee, pushing the leg toward the floor. Relax straighten legs, and repeat on left side

CROSS LEG STRETCH



Lie flat on your back and cross your right leg over your left knee so that the right foot is on the floor. With your left hand, grasp the outside of your right knee and push the right leg across your body until a stretch is felt. Relax, repeat on left side

SINGLE KNEE TO CHEST



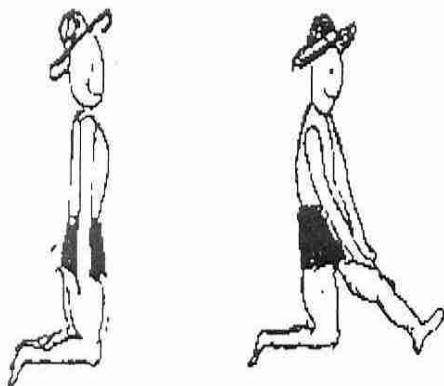
Lie flat on back with both legs straight. Start with right leg; reach behind right knee and pull toward your chest until a stretch is felt. Relax, lower leg, and repeat on left side

PRESS UP

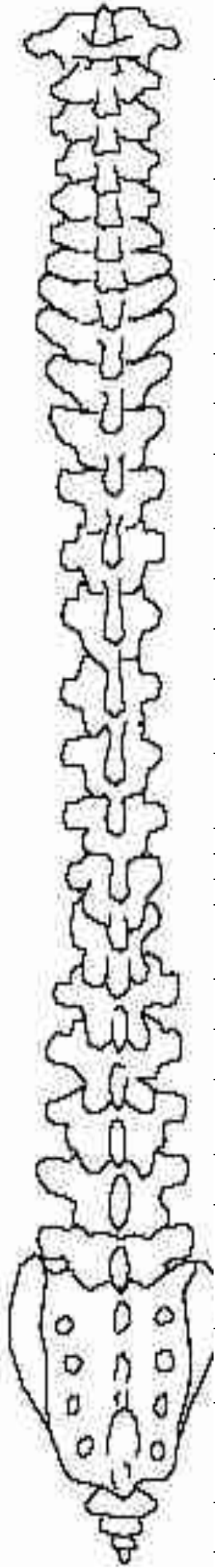


Starting on your stomach place hands at shoulder level and push your upper body up by straightening your elbows and keeping your hips on the floor. Your back muscles should remain relaxed and your arms should be doing all the work.

KNEELING HAMSTRING STRETCH



Start in a high kneeling position. Extend right leg in front of you with your heel on the floor and toes pointed up. Keeping your back straight, lean forward at hips until a stretch is felt in the back of your right leg. Return to a high kneeling position and repeat with your left leg.



LEVEL	AREAS	EFFECTS
C1	Blood supply to the head, pituitary gland, scalp, bones of the face, brain, inner and middle ear, sympathetic nervous system	Headaches, nervousness, insomnia, head colds, high blood pressure, migraine headaches, nervous breakdowns, amnesia, chronic tiredness, dizziness
C2	Eyes, optic nerves, auditory nerves, sinuses, mastoid bones, tongue, forehead	Sinus trouble, allergies, pain around the eyes, earache, fainting spells, certain cases of blindness, crossed eyes, deafness
C3	Cheeks, outer ear, face bones, teeth, trifacial nerve	Neuralgia, neuritis, acne or pimples, eczema
C4	Nose, lips mouth, eustachian tube	Hay fever, runny nose, hearing loss, adenoids
C5	Vocal cords, neck glands, pharynx	Laryngitis, hoarseness, throat conditions such as sore throat or quinsy
C6	Neck muscles, shoulders, tonsils	Stiff neck, pain in upper arm, tonsillitis, chronic cough, croup
C7	Thyroid gland, bursae in the shoulders, elbows	Bursitis, colds, thyroid conditions
T1	Arms elbows down, with hands, wrists, and fingers; esophagus and trachea	Asthma, cough, difficult breathing, shortness of breath, pain in lower arms and hands
T2	Heart, with valves and covering; coronary arteries	Functional heart conditions and certain chest conditions
T3	Lungs, bronchial tubes, pleura, chest, breast	Bronchitis, pleurisy, pneumonia, congestion, influenza
T4	Gall bladder, common duct	Gall bladder conditions, jaundice, shingles
T5	Liver, solar plexus, circulation (general)	Liver conditions, fevers, blood pressure problems, poor circulation, arthritis
T6	Stomach	Stomach troubles, including nervous stomach; indigestion, heartburn, dyspepsia
T7	Pancreas, duodenum	Ulcers, gastritis
T8	Spleen	Lowered resistance
T9	Adrenal and supra-renal glands	Allergies, hives
T10	Kidneys	Kidney troubles, hardening of the arteries, chronic tiredness, nephritis, pyelitis
T11	Kidneys, ureters	Skin conditions such as acne, pimples, eczema, or boils
T12	Small intestines, lymph circulation	Rheumatism, gas pains, certain types of sterility
L1	Large intestines, inguinal rings	Constipation, colitis, dysentery, diarrhea, some ruptures or hernias
L2	Appendix, abdomen, upper leg	Cramps, difficult breathing, minor varicose veins
L3	Sex organs, uterus, bladder, knees	Bladder troubles, menstrual troubles such as painful or irregular periods, miscarriages, be wetting, impotency, change of life symptoms, many knee pains
L4	Prostate gland, muscles of the lower back, sciatic nerve	Sciatica; lumbago; difficult, painful, or too frequent urination; backaches
L5	Lower legs, ankles, feet	Poor circulation in the legs, swollen ankles, weak ankle and arches, cold feet, weakness in the legs, leg cramps
SAC	Hip bones, buttocks	Sacro-iliac conditions, spinal curvatures
COCC	Rectum, anus	Hemorrhoids (piles), pruritis (itching), pain at end of spine on sitting