

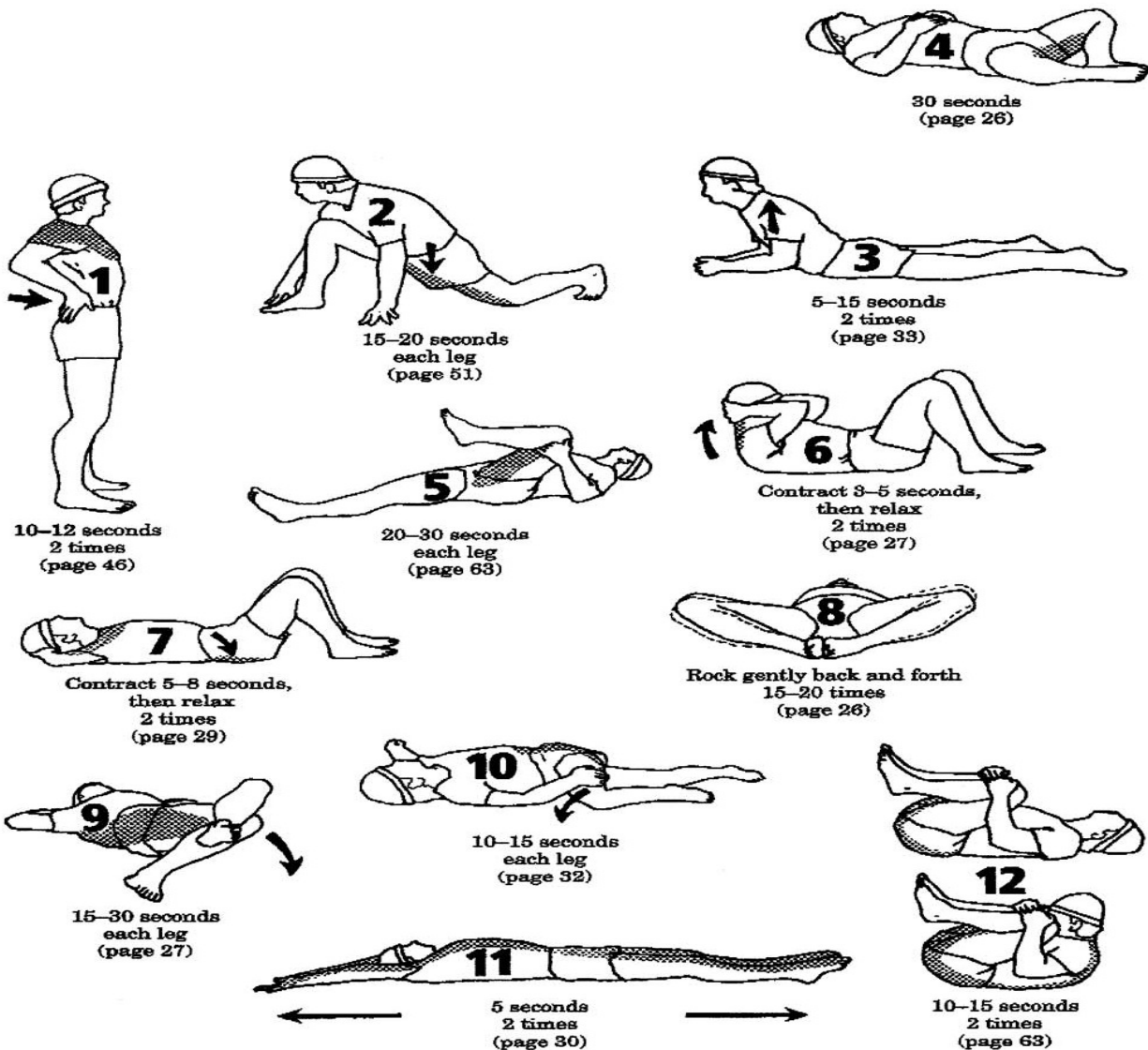
Quick Stretch – Low Back

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Doctor of Chiropractic, Certified Chiropractic Sports Practitioner,
 Certified Nutrition & Wellness Consultant, Certified Sports & Conditioning Specialist
 United States Marine Corps Chiropractor / former U.S. Marine

Total Time to Complete: Approximately 6 minutes.

These stretches should provide mild relief of low back muscle tension, stiffness and mild pain. Chronically tight back muscles can lead to weakness in these postural paraspinal muscles which support your head, neck and low back. Do these stretches twice a day, or whenever you begin to feel stiff. Breath, relax and gently hold each stretch as you exhale. The stretch should feel good, some mild discomfort may be felt initially, but should subside after a few seconds. Do not over stretch into pain. If you have moderate or severe pain when stretching or sitting at your desk, consult with the medical, physical therapy or chiropractic staff.



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