

# TAIRA CHIROPRACTIC

## Lower Body Stretches



**Butt stretch:** Sitting at the edge of a chair, cross one leg over the other. Place hands on the ankle and top of knee. Sit up straight on the inhale. On the exhale, with a flat back bend forward and out over the crossed leg. Relax the neck forward. Breathe: on the inhale, lengthen the muscle; on the exhale, fall deeper into the stretch. Hold stretch for 5 breaths.



**Lower back stretch:** Sitting with the knees wide and hands on the back of the head. Sit up tall, elongate spine upward. On the inhale, rotate torso. On the exhale, drop elbow to the same knee. Hold stretch for 5 breaths.



**Hamstring stretch:** Standing with leg extended on chair. Foot that your standing on is pointed straight. Elongate spine upward on inhale. On the exhale with a flat back, bend forward. Hold stretch for 5 breaths.



**Quadriceps stretch:** Standing, hold ankle in the hand on the same side. Elongate spine upward and press heel into the buttocks. Hold stretch for 5 breaths.



**Spinal Twist:** Sitting at the edge of chair with knees directly over the ankles. Turn torso, and head, to one side and use the back of the chair for stability. Hold for 5 breaths.



**Side bend:** Sitting at the edge of chair with knees directly over the ankles. Extend one arm up and elongate the spine upward on inhale. On the exhale, bend torso and head to the opposite side. Hold stretch for 5 breaths.



**Hip flexor stretch:** Standing in a "fencer" stance. Front leg is bent and back leg is extended with back foot at 45 degrees. Drop your center of gravity to feel the stretch in the extended leg. Keep the spine elongated upward. Have front knee directly over ankle. Never have the knee pass the toe!