

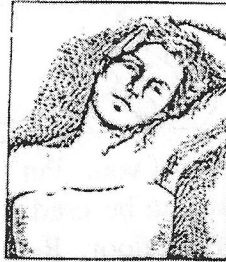
# DR. MAC'S SPINAL STRETCHES

## INTRODUCTION

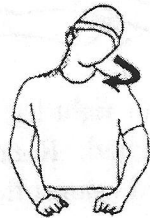
All of the below stretches should be held a minimum of 60 seconds and done twice a day -- once in the morning and once in the evening. There should be NO pain when stretching, only a comfortable "pulling" sensation throughout the stretch.

Remember that the purpose with stretching is to elongate muscle fibers in order to decrease muscle memory resistance to vertebral subluxation correction. My goal for you is that these stretches will become as routine as brushing your teeth to help you maintain healthy spinal integrity along with the maintenance care you will receive when you are finished with correcting the subluxation(s).

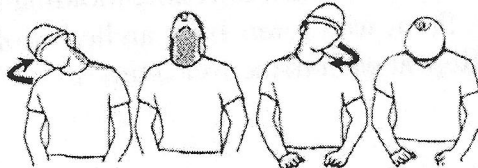
## NECK STRETCHES



- Sit in chair and grab bottom side of seat with right hand. Put left hand on right side of head and pull head straight over towards left shoulder (do not allow right shoulder to rise up). Repeat same stretch, but switch hands and pull head over towards right shoulder.

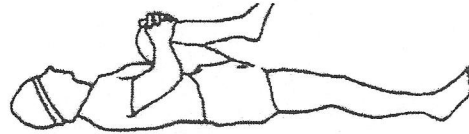


- Sit in chair and grab bottom side of seat with right hand. Put left hand on the back of head and pull head forward at 45 degrees with your nose going towards left thigh. Repeat same stretch, but switch hands and pull head forward at 45 degrees towards opposite thigh.

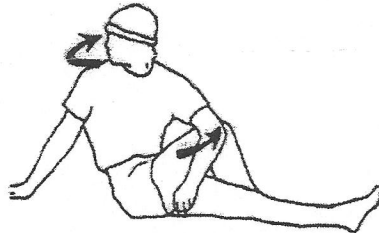


- Slowly move head in circular motion allowing head to move in maximum circular motion. If any kind of dizziness is noticed during this, please discontinue and notify me on your next visit.

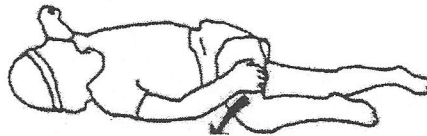
## LOW BACK STRETCHES



- Before you set a foot out of bed in the morning lay flat on your back, and with both hands behind one knee pull to chest while pushing other knee down to mattress. Hold for 60 seconds. Repeat same stretch using other leg. Then pull both legs to chest, again holding for 60 seconds. For bonus points, do the same stretch before going to bed at night.



- Sit on floor with legs out straight in front of you. Put right ankle over left knee then rotate torso to the right as far as possible. Left arm can be used to push against right knee to get an "extra" stretch and right arm is used for support on floor. Repeat this stretch using opposite side.



- Lie flat on your back and cross left leg over right leg as far as possible while using right hand to pull left leg until comfortable stretch is reached. Rotate head to the left with left arm reaching to the left. Keep both shoulder blades pressed against floor. Repeat on opposite
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- Get on hands and knees and push center of back to ceiling (holding for a count of 10), then allow your bellybutton to push towards floor, with lower back arched (hold for a count of 10). Head should be in a relaxed position. Repeat each maneuver 5 times.

\*\* For those computer junkies, check out this excellent stretching website that will remind you and show you a stretch about every 30 minutes. [STRETCHWARE.COM](http://STRETCHWARE.COM)