

YEOMANS-EDINGER CHIROPRACTIC CENTER, SC

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“ON THE GO” EXERCISES

NAME _____ DATE _____

1. Sitting bend over exercises

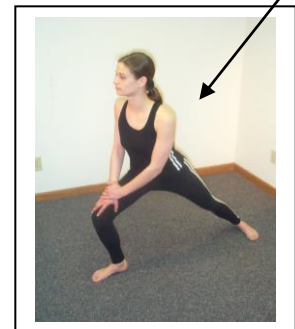
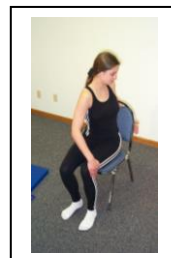


2. Sitting leg crossed – raise knee to opposite shoulder – arch back, twist trunk and resist/co-contract



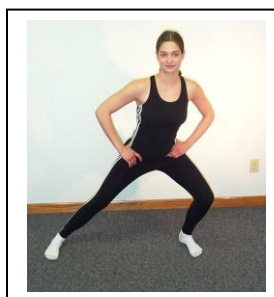
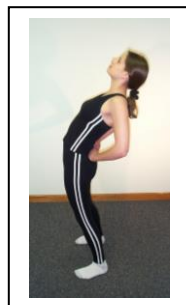
Psoas/Hip Flexor Stretch: 1) straddle; 2) Rotate the LT hip FW to “square off” pelvis; 3) Posterior pelvic tilt; 4) Extend back to the RT (feel for the *deep* groin stretch!). Repeat on the RT side.

3. Sitting trunk twists



1. Arch the low back!
2. Rotate inwards: to stretch the Adductors

DOSE: 3-5 sec./rep; 1-3 reps (do every hour or p.r.n.)



Other “portable” exercise options

- 1) Standing Hamstring stretch
 - 2) Standing Back Extensions
 - 3) Standing Groin Stretch
 - 4) Psoas/Hip Flexor Stretch (above)
 - 5) Abdominals/sit back &/or “brace.”
- Do slow, 5-10 reps, stay within comfortable ranges of motion**