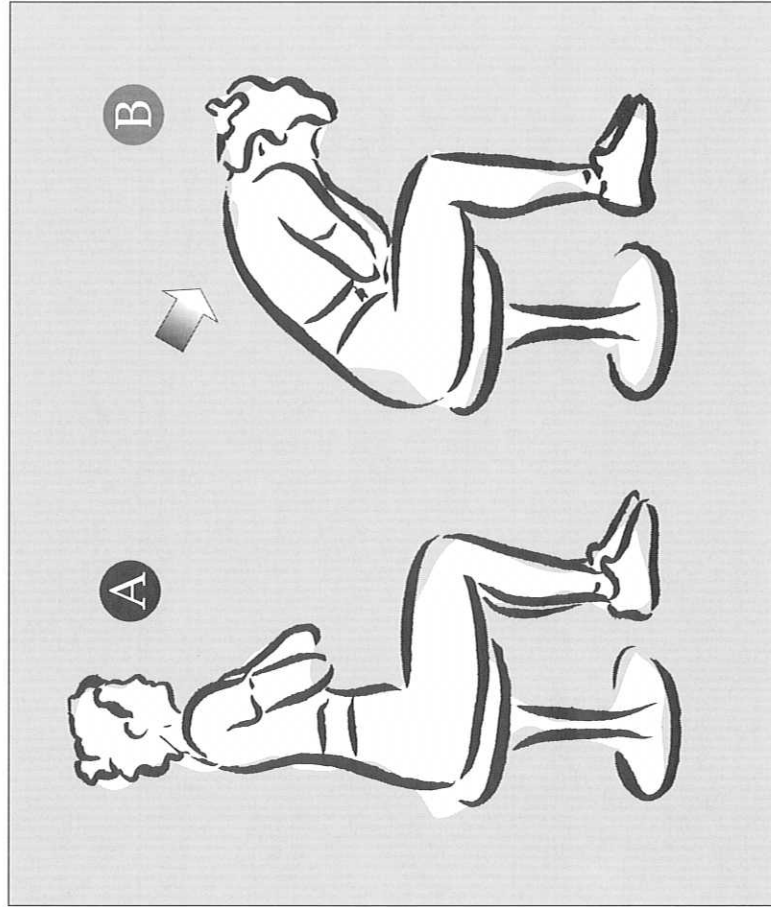


PASSIVE

Sitting Flexion

COMBINATION



STARTING POSITION

Sit in a chair, with your arms crossed over your chest.

EXERCISE

Slowly bend over, curling forwards until you feel the mid back stretch. Return to the starting position.



British
Chiropractic
Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

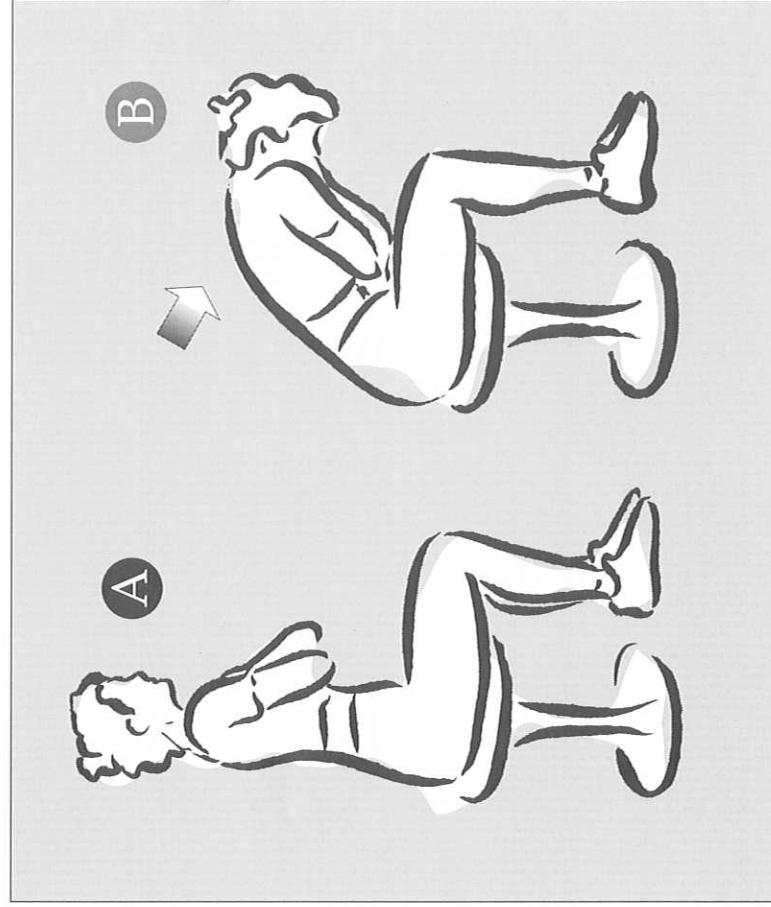
Special Precautions/Comments: _____

EXERCISE
26

PASSIVE

Sitting Flexion

COMBINATION



STARTING POSITION

Sit in a chair, with your arms crossed over your chest.

EXERCISE

Slowly bend over, curling forwards until you feel the mid back stretch. Return to the starting position.



British
Chiropractic
Association

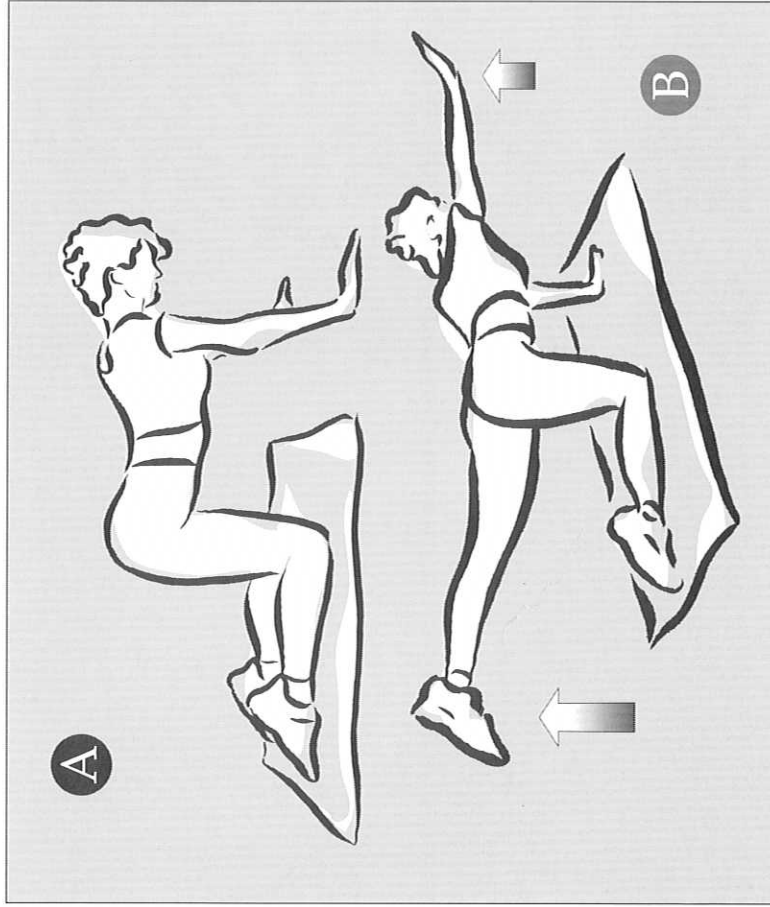
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

ACTIVE

Arm/Leg Raise

COMBINATION



STARTING POSITION

On your hands and knees. Hands and knees are shoulder width apart.

EXERCISE

Tighten your stomach muscles. Simultaneously lift one arm and your opposite leg towards the ceiling until they are level with your body. Return to the starting position. Repeat with the opposite sides.



British
Chiropractic
Association

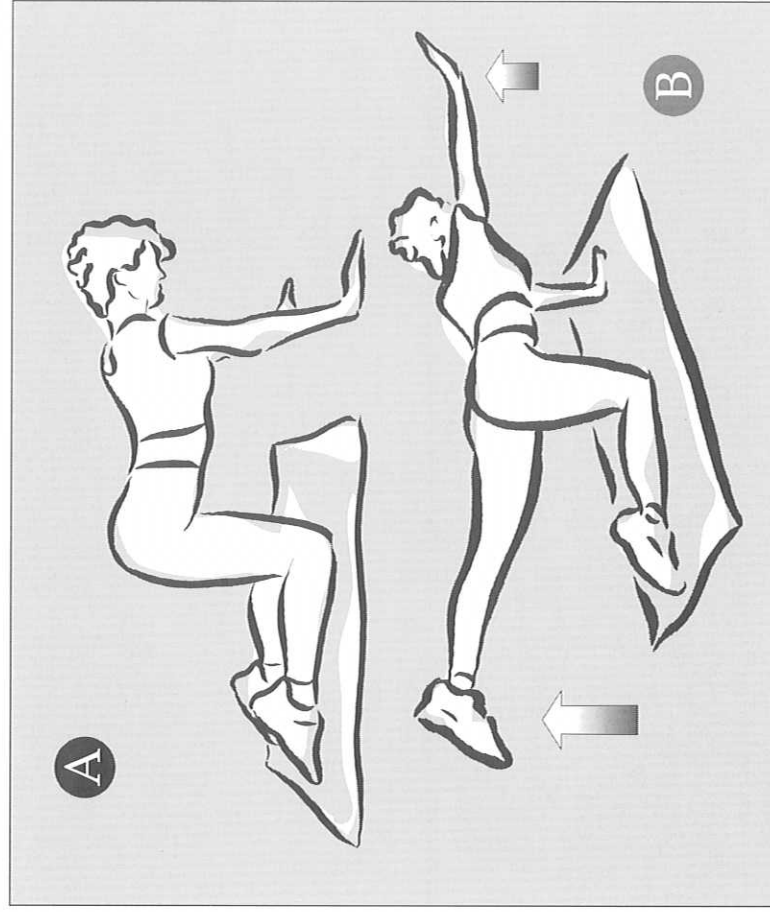
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

ACTIVE

Arm/Leg Raise

COMBINATION



STARTING POSITION

On your hands and knees. Hands and knees are shoulder width apart.

EXERCISE

Tighten your stomach muscles. Simultaneously lift one arm and your opposite leg towards the ceiling until they are level with your body. Return to the starting position. Repeat with the opposite sides.



British
Chiropractic
Association

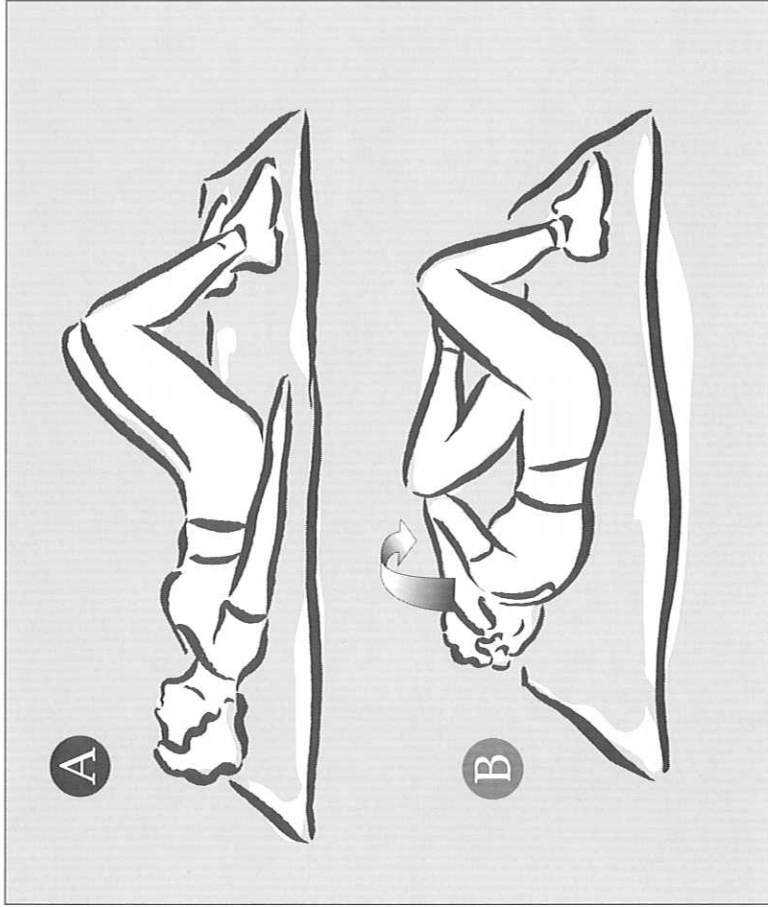
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

ACTIVE

Oblique Crunch

COMBINATION



STARTING POSITION

Lie on your back, knees bent.

EXERCISE

Link your hands together behind your head.
Slowly lift your head and shoulder towards your opposite knee.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

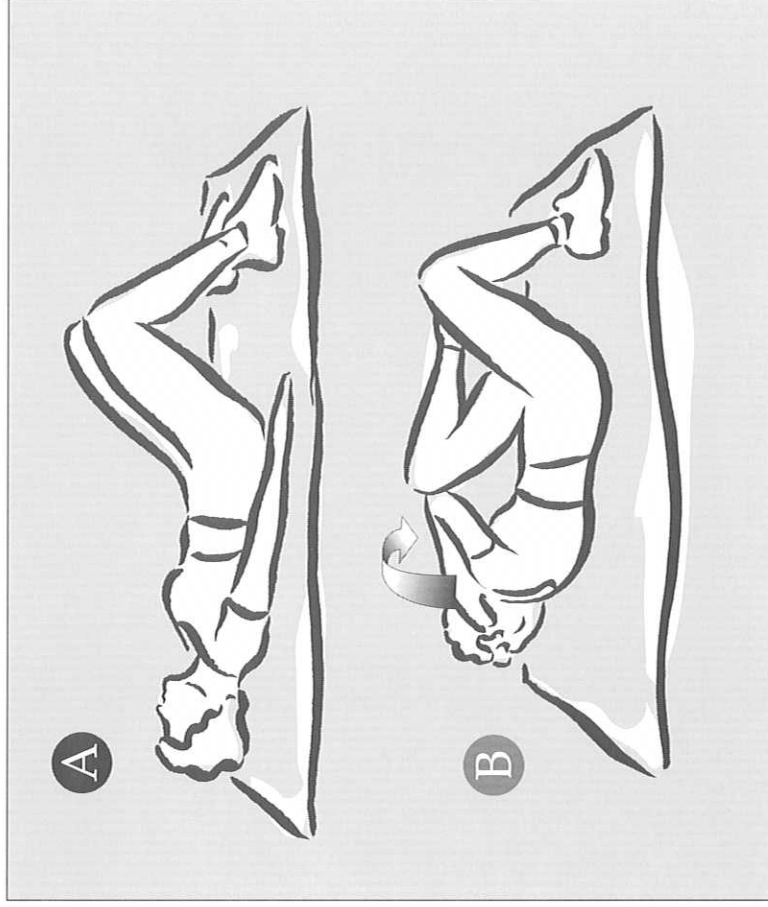
Special Precautions/Comments: _____

EXERCISE 28

ACTIVE

Oblique Crunch

COMBINATION



STARTING POSITION

Lie on your back, knees bent.

EXERCISE

Link your hands together behind your head.
Slowly lift your head and shoulder towards your opposite knee.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

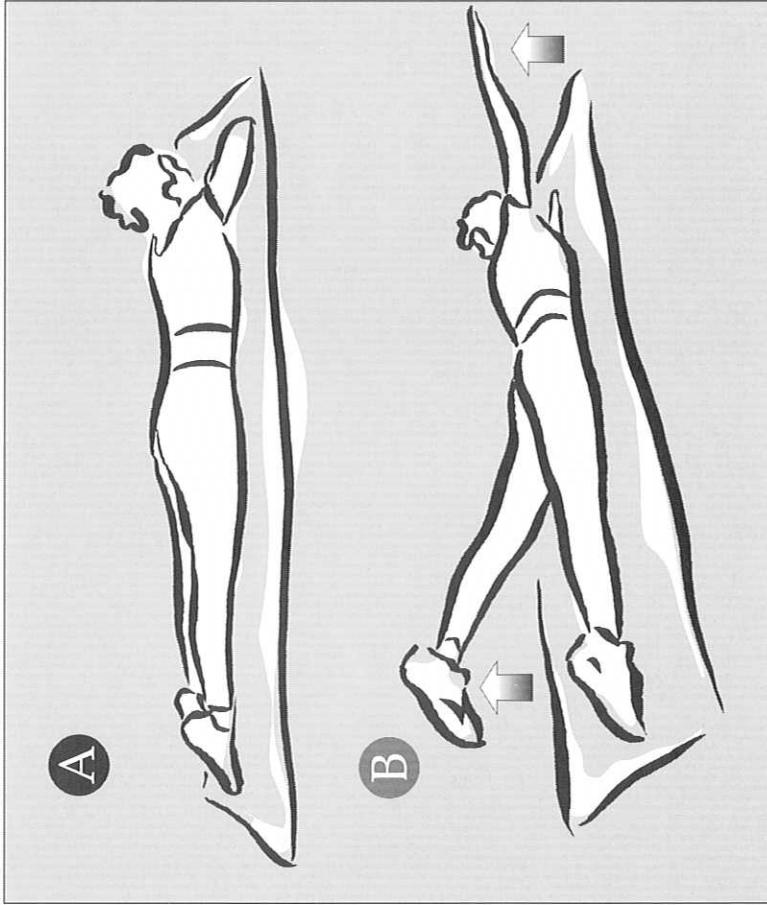
EXERCISE 28

ACTIVE +

Lying Arm/Leg Raise

COMBINATION

EXERCISE 29



STARTING POSITION

Lie face down.

EXERCISE

Raise one arm and the opposite leg equal amounts from the floor. Return to the starting position.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

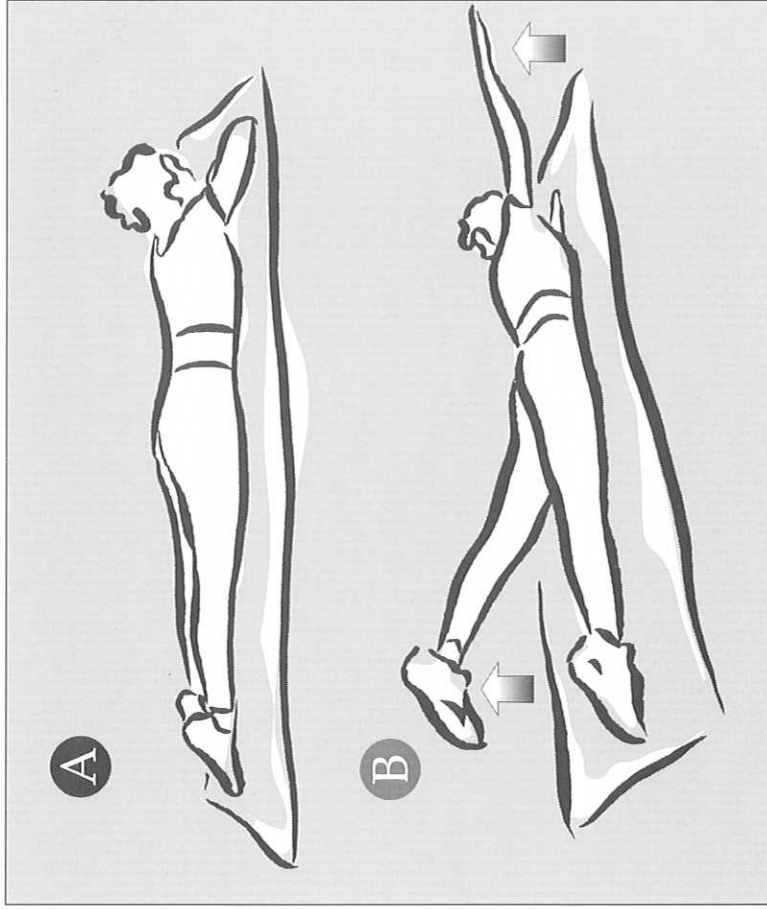
Special Precautions/Comments: _____

ACTIVE +

Lying Arm/Leg Raise

COMBINATION

EXERCISE 29



STARTING POSITION

Lie face down.

EXERCISE

Raise one arm and the opposite leg equal amounts from the floor. Return to the starting position.



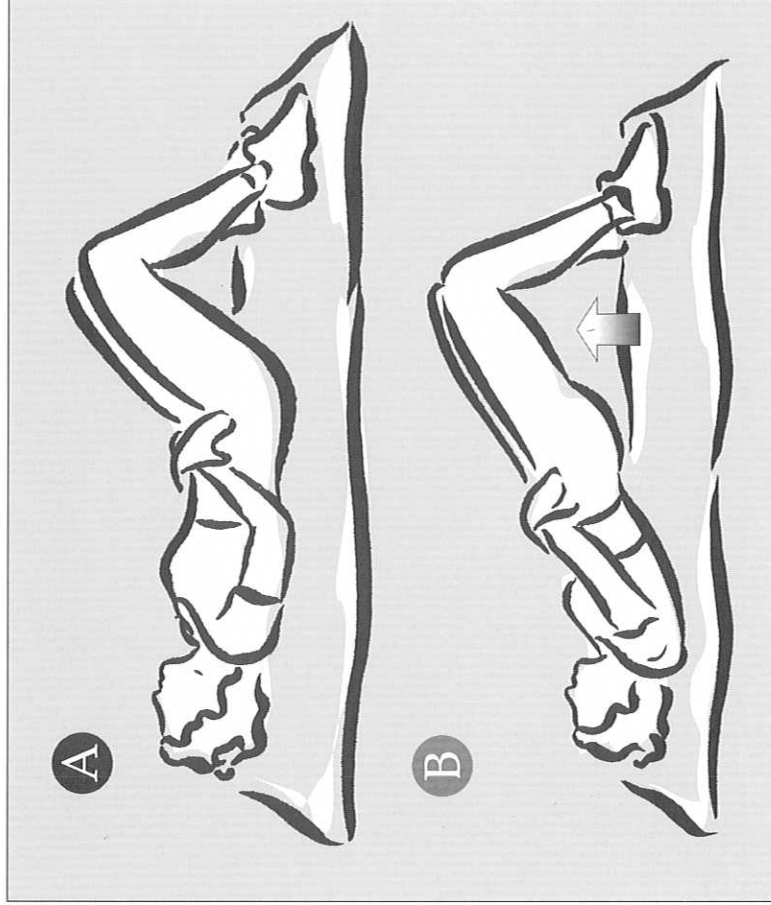
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

ACTIVE +

Hip Raises

COMBINATION



STARTING POSITION

Lie on your back, with your knees bent and arms crossed over your hips.

EXERCISE

Lift your hips towards the ceiling while squeezing your buttocks together.



British Chiropractic Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

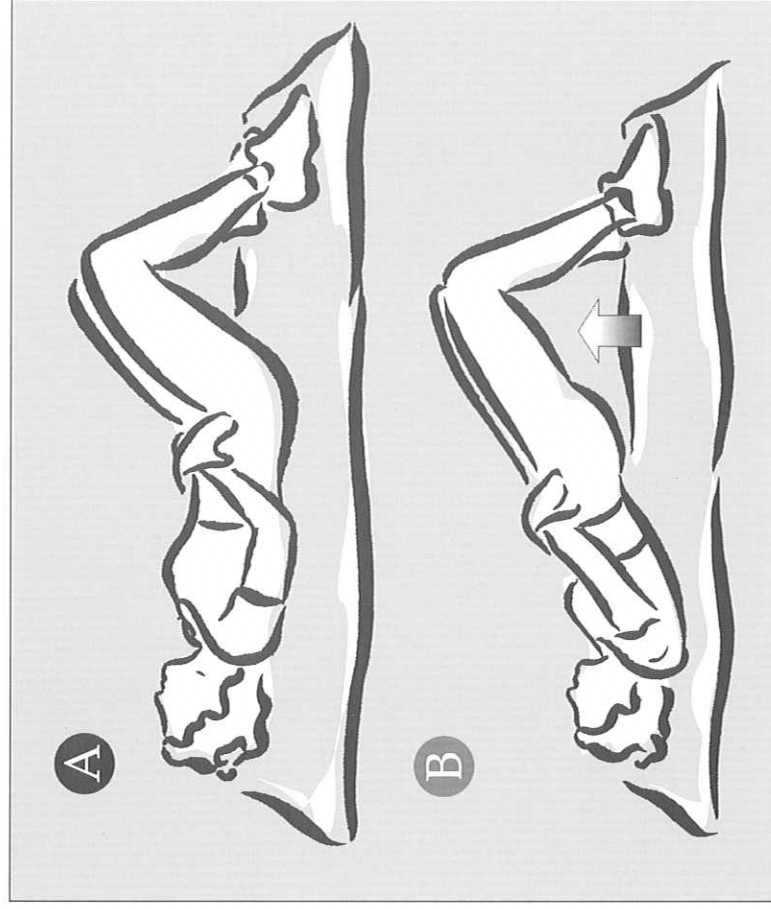
EXERCISE

30

ACTIVE +

Hip Raises

COMBINATION



STARTING POSITION

Lie on your back, with your knees bent and arms crossed over your hips.

EXERCISE

Lift your hips towards the ceiling while squeezing your buttocks together.



British Chiropractic Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____