

# CARELLA CHIROPRACTIC GROUP

## DR. FRANK R. CARELLA

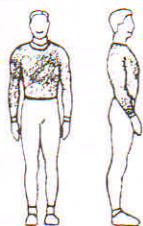
180 N.E. 72nd Street  
Gladstone, Missouri 64118



# EXERCISES TO MAINTAIN SPINAL HEALTH

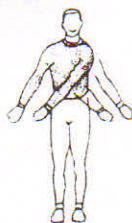
Spinal health is a daily habit. To stay strong, supple and aligned, your spine requires your active participation through good nutrition, stress management and especially, exercise. If you do your part, you can count on your muscles and bones to do theirs.

## Spinal Health Exercise Sequence



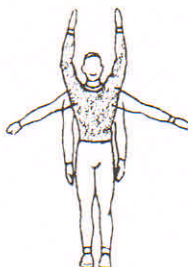
### 1 Aligning your body and breathing with your belly.

Distribute the weight evenly on your feet. Keep your knees loose and drop your shoulders. Lift your breastbone and the crown of your head. Exhale, bringing your abdomen back toward your spine. Pause. Release your abdomen. Let the breath fill your lungs. Breathe in this way for one minute.



### 2 Arm swinging around spinal axis. This is a warm-up exercise.

Let your arms swing freely around your body. Keep your shoulders relaxed and your wrists and hands loose and floppy. Breathe naturally. Swing for at least a minute.



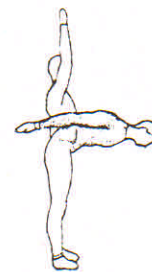
### 3 Spinal stretch and reach through arms.

Let your incoming breath carry your arms over your head. Keep palms up and shoulders down. Feel the space between your vertebrae. Pause. Turn your palms down. Exhale and lower your arms. Do it five times.



### 4 Rib cage and diaphragm stretch.

Stretch up through your spine as in Exercise 3. Clasp your fingers together and invert your hands, palms up. Feel your rib cage expanding. Exhale while bending over to the left. Pause. Inhale and return to center. Repeat on right side. Do three sets.



### 5 Full spinal flex.

Inhale with your arms overhead. Pause. Bring your abdomen back toward your spine as you exhale. Bend forward from your tail bone isolating one vertebra at a time. Bring your arms down and behind. Pause. While inhaling, let your spine uncurl, stacking one vertebra at a time into a full spinal extension and lift. Let your arms follow. Do it three times.



### 6 Shoulder release.

Clasp your hands behind your hips. Lift your arms as you inhale. While exhaling, bend your knees. Let your spine curl over as your arms come up in the back. Pause. Release and come up as you inhale. Do it three times.

# EXERCISE ROUTINE

## WARM-UP AND COOL DOWN

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.

Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

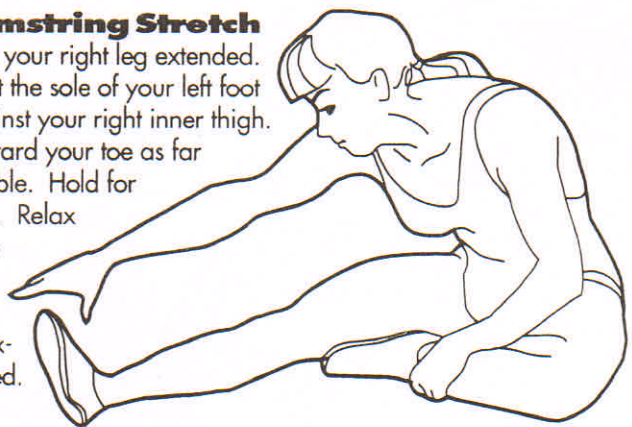


### Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

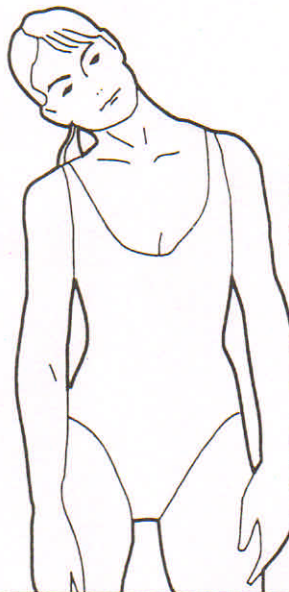
### Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



### Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



### Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.

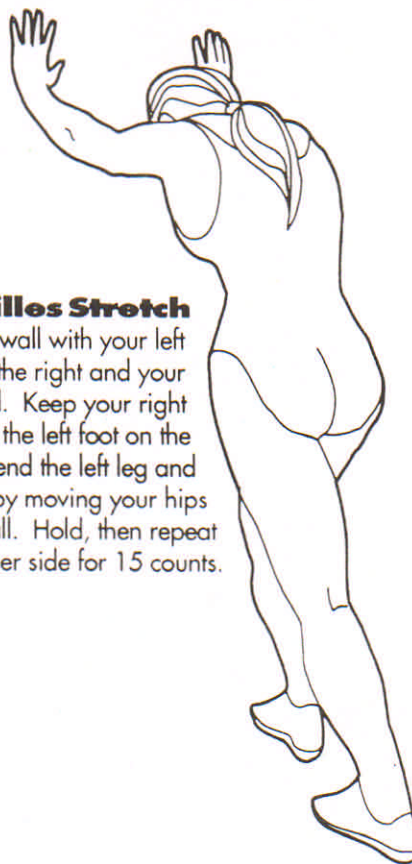
### **Quadriceps Stretch**

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



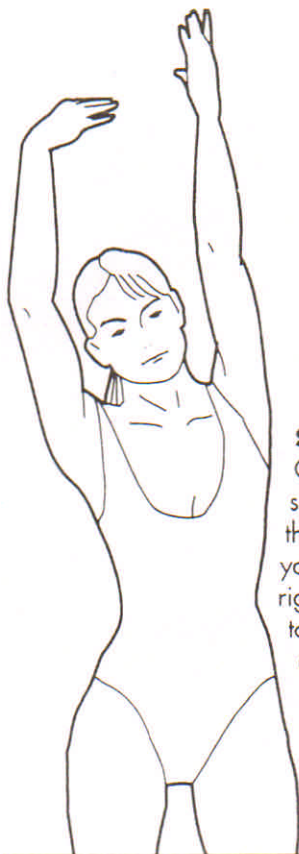
### **Calf-Achilles Stretch**

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



### **Side Stretch**

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



### **Toe Touch**

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.

