



CARELLA CHIROPRACTIC GROUP

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Stretching to reduce stress

Active-isolated stretching provides improved circulation and reduced stress in addition to promoting flexibility. The key is not to hold any stretch longer than 2 seconds and to perform 8 to 10 repetitions. Exhale when performing the active phase of the stretch, inhale when returning to start position. Once maximum range has been reached, gently assist the stretch with the use of hands or a rope or towel.

Pelvic tilt



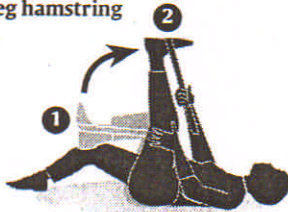
Start with bent knees pointed skyward. Draw knees toward chest. Assist by putting hands behind knees and pulling.

Back twist



Sit with bent knees. Tuck chin and place hands behind head. Twist and reach shoulder toward opposite thigh.

Bent-leg hamstring



Start with lower part of leg parallel to floor. Holding thigh with one hand, raise lower part of leg as straight as possible by using quadriceps (front thigh) muscles. Assist by using rope draped over foot or by placing hands on the rear of thigh and pulling to a more vertical position.

Lower back



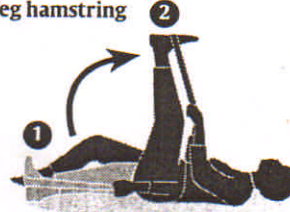
Sit with knees bent and legs apart with feet on floor. Tuck chin to chest, contract stomach muscles to bend forward. Assist by placing hands on ankles or shins and pulling forward.

Shoulder stretch

Start with arm straightened in front of you. Draw arm toward opposite side of body. Assist by using opposite hand to pull on elbow/upper arm.



Straight-leg hamstring



Start with leg straightened on the floor. Using quadriceps muscles, raise the leg as vertical as possible, keeping knee locked. Assist with rope draped over foot or by placing hands on the rear of thigh and pulling to a more vertical position.

Source: *The Whartons' Stretch Book*