

**Tankersley Chiropractic & Acupuncture**  
2327 NW Federal Highway  
Stuart, FL 34994

## Helpful Hints

### Ice

Use ice on the area of pain 20 minutes on and 20 minutes off. Ice will help with the pain and inflammation associated with your condition. After 1-2 weeks you can switch to heat, ice will be the most beneficial in the beginning.

### Lifting

Lift with your knees and not your back, hold objects close to your body.



### Sitting

Sit with a lumbar support when able and do not sit over 30 minutes, get up as often as possible to stretch or walk. If you're still using a typewriter you need to find a better job..

### Sleeping

Sleep on your side with a pillow between your knees with your knees bent. If you lay on your back put a pillow under your knees.



## STRETCHES

These are beginner stretches to get you started, don't overdo it and take your time in the beginning.

### Child's Pose



Begin on hands and knees on floor. Reach out directly in front extending arms.



Slowly sit back on hips, hold for 20-30 seconds. Do 3-5 reps 3 x's a day

### McKenzie Extension



Begin lying face down with elbows bent and hands under shoulders.



Slowly extend your arms as you press your body upwards arching your back. Start with slow, ½ reps and work up to full extension, 3-5 reps 3 x's a day.

## Knee Chest & Knee to Opposite Shoulder



Lie on back with knees bent. Raise one knee towards your chest and grasp the knee on the front and pull to your chest to stretch the lower back and buttock muscles, hold for 20 seconds. Release your leg and now pull towards your opposite shoulder in a twisting motion. Hold for 20 seconds, repeat this cycle 3-5 x's a day.

## Figure 4 Stretch:



Lying on your back, cross one leg over the other. Grasp behind your thigh and pull your knee towards your chest. Hold 20 seconds and switch sides. Repeat 3-5 x's a day.

**Seated Figure 4 Stretch:** Similar to above but you're sitting, slowly bend forward and touch your nose to your crossed over knee.

## **Torso Twist**

Lie on your back with your feet on the ground & arms outstretched. Slowly rotate your knees to the left and right for 5-10 reps. This is a great stretch if you have pain first thing in the morning and find it hard to get out of bed.

**Start with your feet on the ground before trying the stretch to the right.**



## **Neck Stretches**

Ranges of motion stretches are the safest and easiest way to increase your overall neck flexibility and help decrease your pain. Do 2-3 sets of these stretches throughout the day.

1. Slowly tuck your chin to your chest and then look up or extend your neck as best you, if it starts to hurt then stop.
2. Look or rotate as far as you can to the left and then to the right, do these in a slow controlled motion.
3. Laterally bend your neck to the left and then to the right.

## **Shoulder Capsule Stretch**

The above link will take you to a great video on how to stretch out your shoulder capsule. Over time small tears in the shoulder capsule will turn into big problems that can limit your range of motion. Start out slow and work your way up to full rotation over time. Shoulders can take 2-3 months to heal up so keep after it.

## **Foam Roller**

Our spines could always use a little more TLC and a foam roller is a great way to do this. The above link above goes to Amazon but you can find these guys almost anywhere.

## **TENS Unit**

A transcutaneous electrical nerve stimulation (TENS) unit is a battery-operated device that people use to treat pain. TENS units work by delivering small electrical impulses through electrodes that you attach to your skin. These electrical impulses block or reduce the transmission of pain signals to the spinal cord and brain. The same electrical impulses also stimulate the body to produce natural pain relievers called endorphins.