

SIMMONS
CHIROPRACTIC AND REHAB CENTER

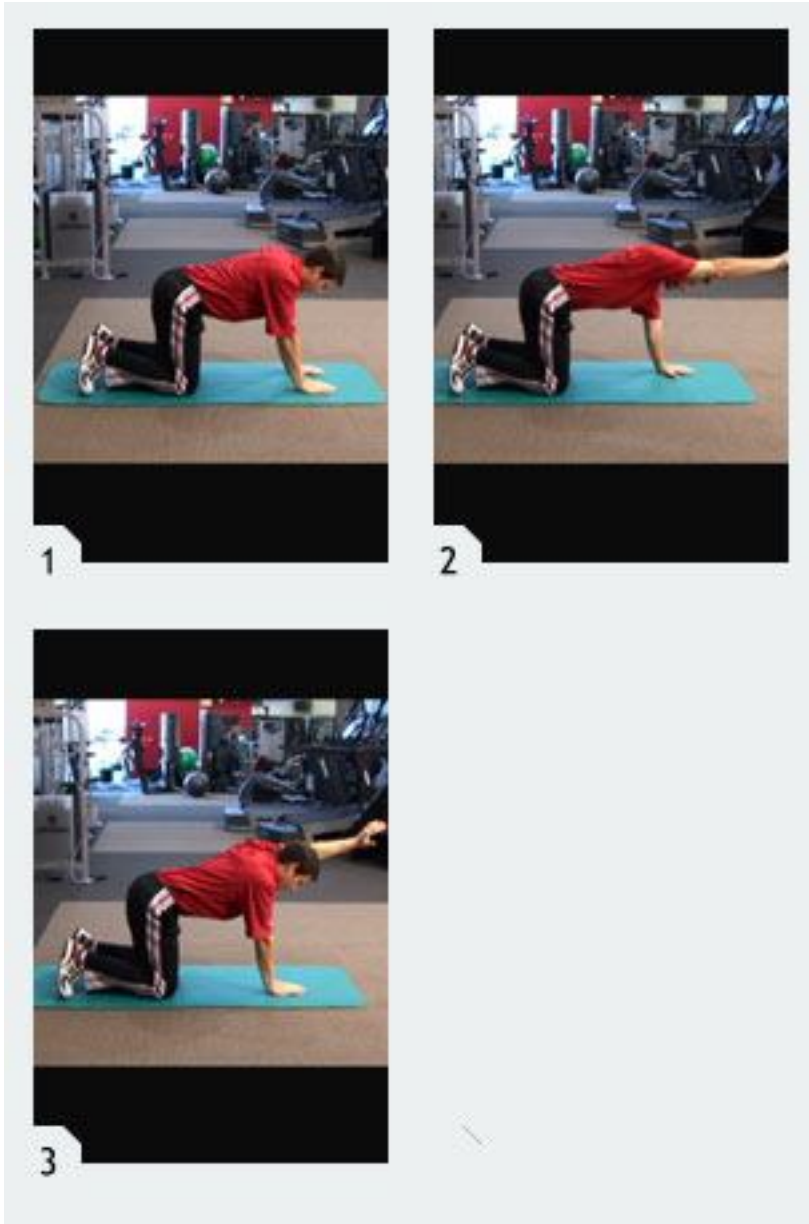
Techniques To Treat Your Pain At Home

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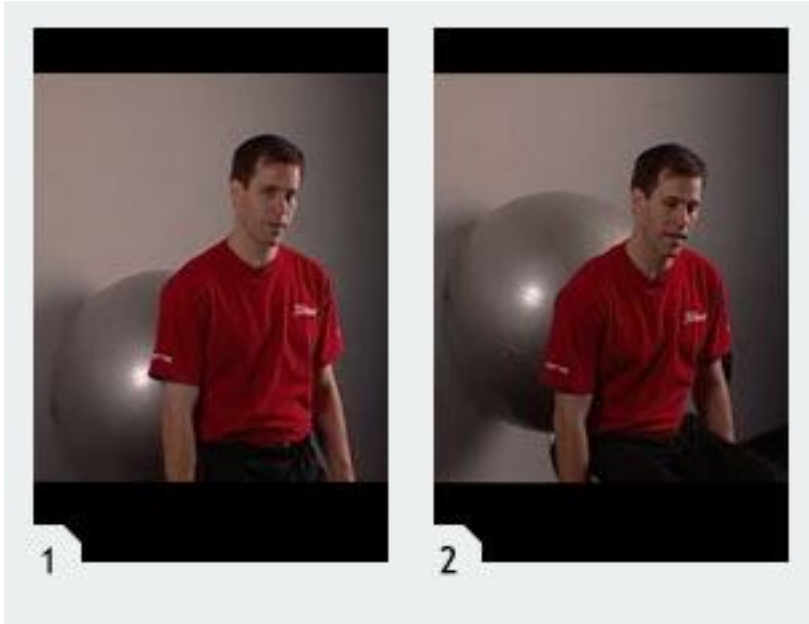
Arm Only Bird Dog

Start in the quadruped position (all fours) with arms and thighs perpendicular to the floor. While stabilizing your spine in a neutral pelvic posture, try to extend one arm. Make sure you don't increase the curvature in your lower back at the same time. Repeat on the other side.



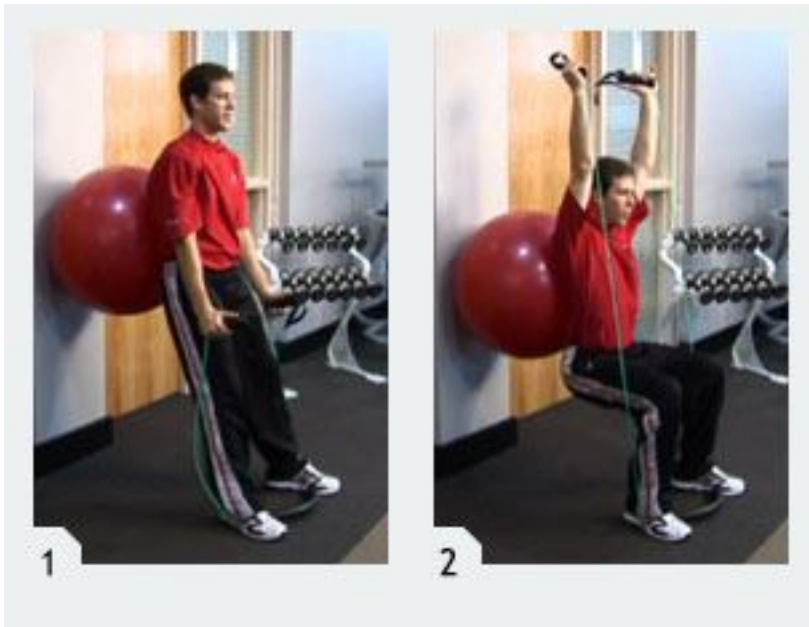
Ball Squat

Place a Swiss ball between a wall and the small of your back. Walk your feet out slightly forward of your knees and roll down until your thighs are parallel to the ground. Return to the starting position and repeat. Make sure your knees track over your ankles and your knees stay centered over your feet.



Ball Squat with Lat Raise

Place a Swiss ball between the small of lower back and a wall. Move your feet about 6 inches out in front of your body and place most of your weight back against the ball. Standing on the middle of the FMT and holding onto the handles in each hand slowly start to squat down and raise the handles up at the same time. Go down until your thighs are parallel to the ground and the handles are vertical over your head. Return to the starting position and repeat.



Bird Dog

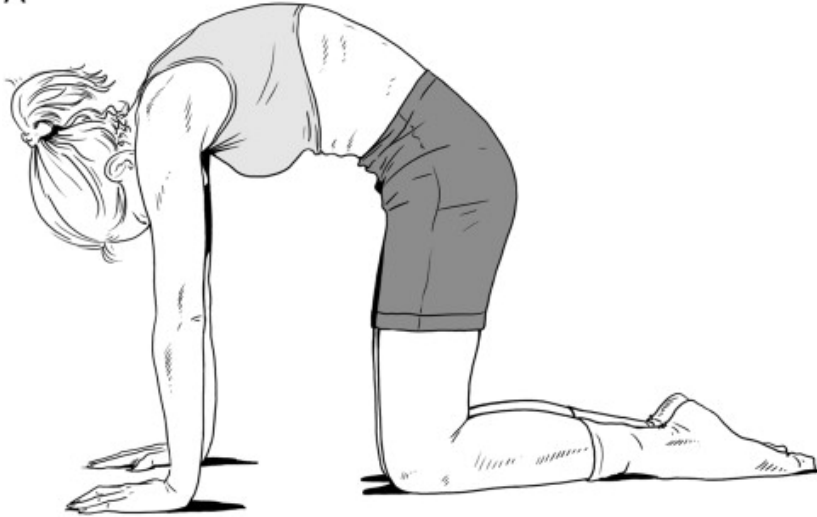
Start in the quadrupedal position (all fours) with arms and thighs perpendicular to the floor and one knee elevated on an Airex pad or pillow. While stabilizing your spine in a neutral pelvic posture, try to extend your non-elevated hip, keeping your knee bent at 90 degrees, and extend your opposite arm. Make sure you don't increase the curvature in your lower back at the same time. Repeat on the other side.



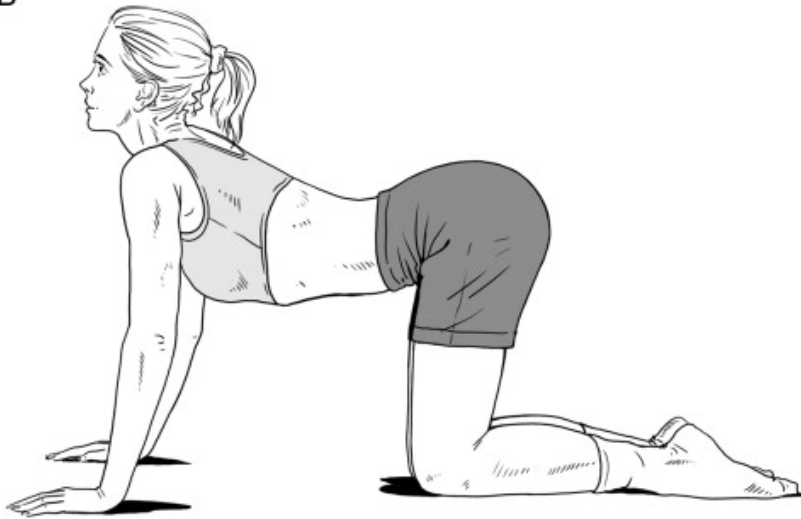
Cat Camel

In either a standing or a quadruped position, start with a neutral spine. Slowly activate the glutes, tilting the pelvis forward. Return to neutral spine and repeat.

A



B



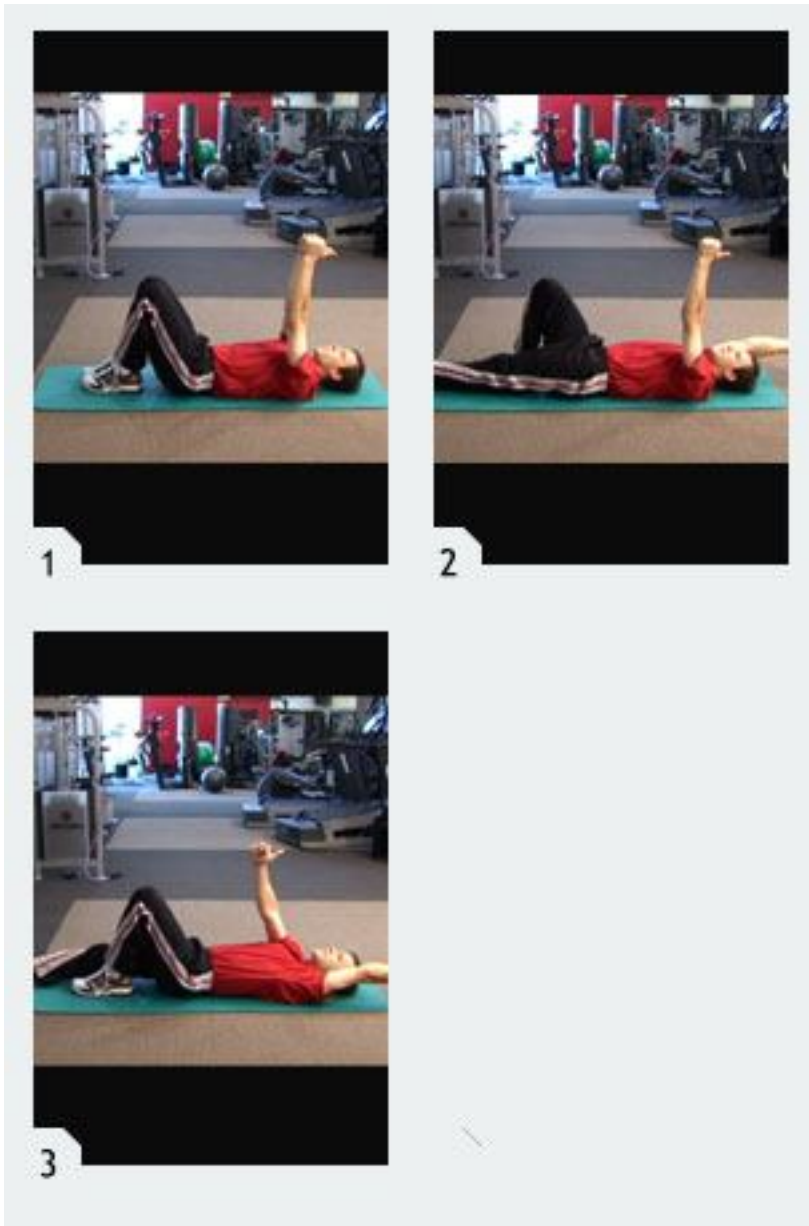
Crossover Hip Stretch

Begin this drill by laying flat on your back with both knees up and feet flat on the ground. Next, take your right ankle and cross it over your left knee, and allow the left knee/right ankle complex to fall slowly down to the ground on the LEFT side. While the complex is slowly lowering to the left, place left hand on the RIGHT knee and gently aid this slow lowering of the legs. Once the legs have fallen completely to the left and your left hand is pulling the right knee towards the ground, you may turn your head to the right to try and get the maximum out of the stretch. Always perform this stretch in a very slow and controlled manner, never to the point of pain. Repeat procedure on opposite side.



Dead Bug

Lying flat on your back with your knees bent and your arms extended straight out above your head, get into a neutral pelvic posture. Brace your abs to keep your core stable throughout this exercise. Slowly, raise your right knee to a 90-degree position and your left arm above your head. Make sure your pelvis stays in a neutral brace and return to the starting position, not letting your right foot touch the floor again. Repeat as instructed and on the other side.



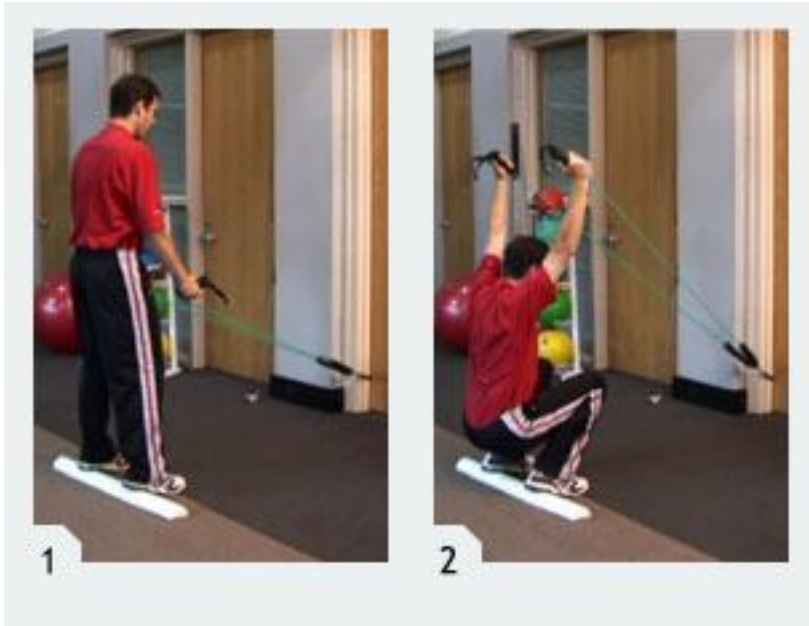
Dead Bug (on foam roll)

Lying flat on your back on the foam roll with your knees bent and your arms extended above your head, get into a neutral pelvic posture. Brace your abs to keep your core stable and your back on the roll throughout this exercise. Slowly, raise your right knee to a 90-degree position and your left arm above your head. Make sure your pelvis stays in a neutral brace and return to the starting position. Repeat on the other side.



Deep Squat with Band

Start by attaching your FMT to the bottom hinge of the door. Grab both handles and place your heels shoulder width apart on a half foam roller or any object that helps elevate your heels (phone books). From here perform a deep squat and raise your arms at the same time. Only lift your arms as high as possible and lower your arms as you stand back up. Repeat.



Doorway Pec Stretch

Stand in a doorway, with your hands in the doorframe and your feet in a lunge position. Elbows down by your sides for 30 sec, then at 90 degrees for 30 sec, and finally up a little higher for the last 30 sec.



Duck Walks

Place your Xering around your ankles and get into a good golf posture. Maintaining a stable posture, begin to side step to the left for the prescribed number of reps. Repeat to the right.

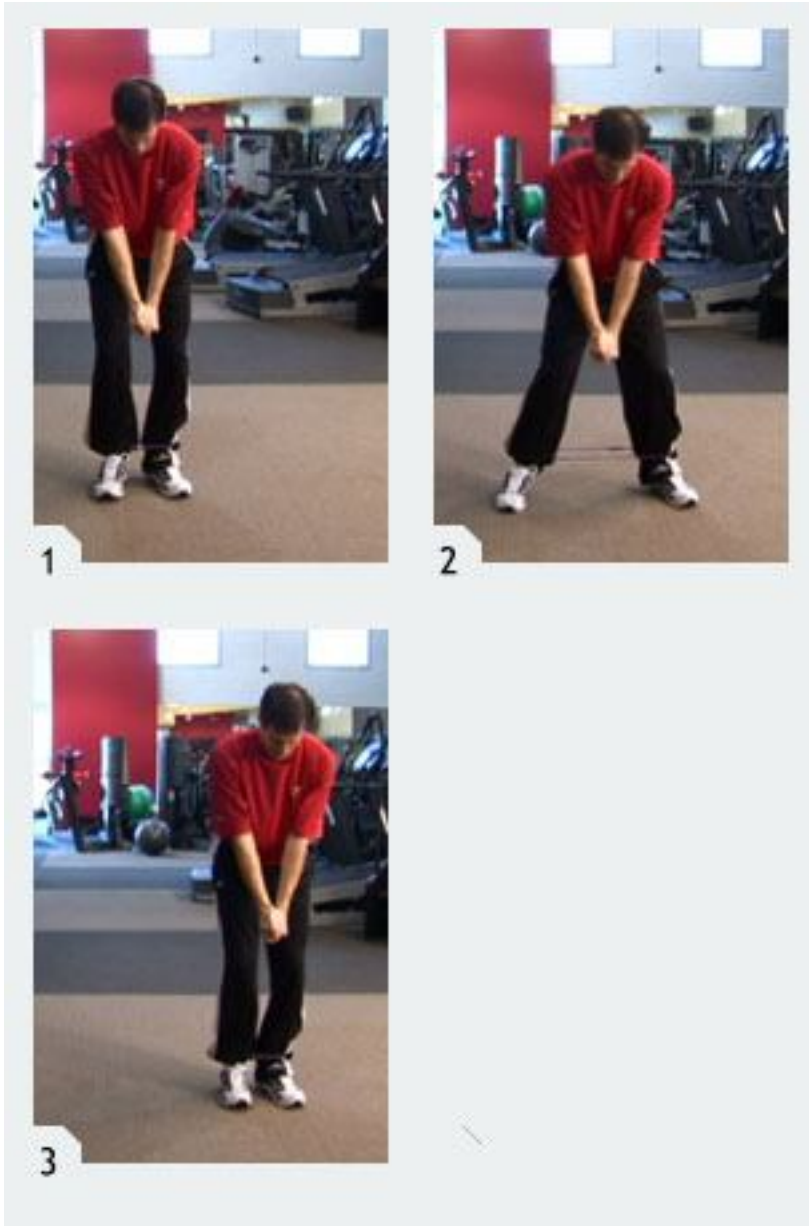
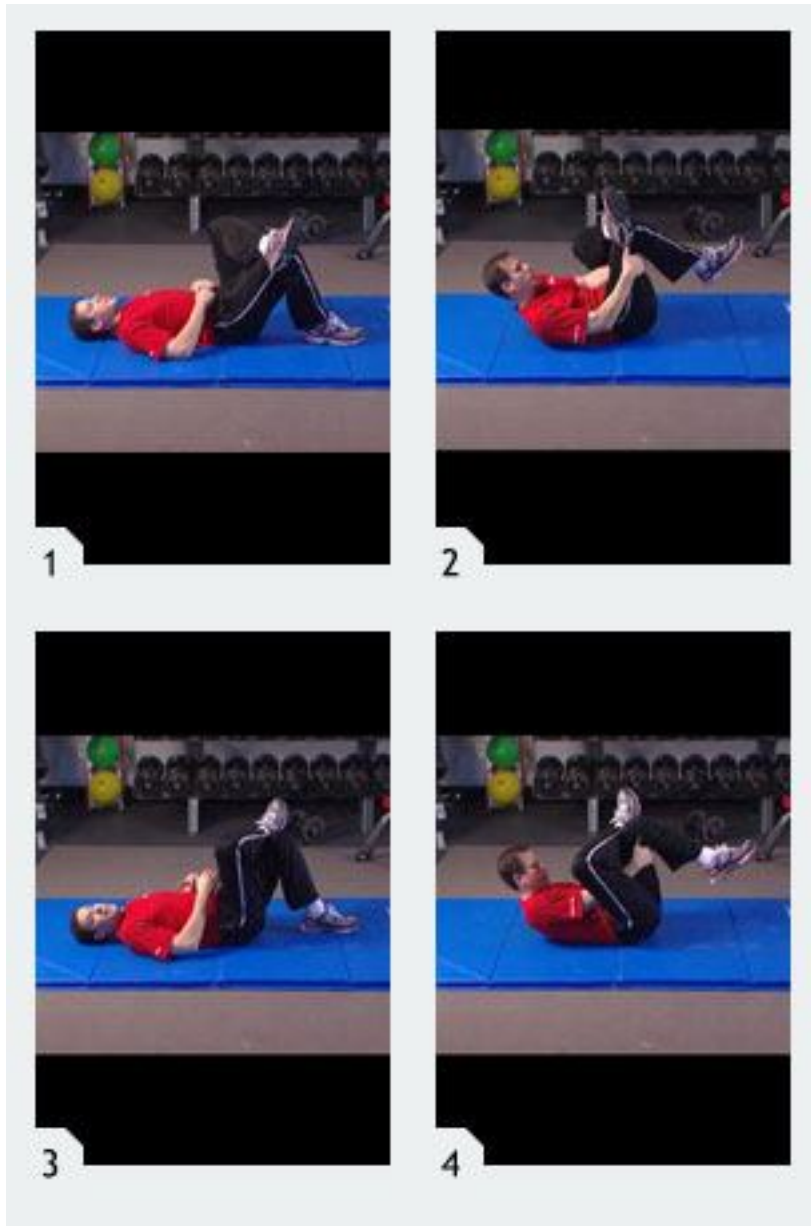


Figure Four Stretch

Lying flat on your back with your knees bent and feet flat on the ground, cross your right foot over your left knee. Keeping your right foot on your left knee, reach down and grab your left thigh with both hands and pull your knee to your chest. As your knee and foot get closer to your chest you will get a great stretch in your right hip and piriformis. Repeat on both sides.



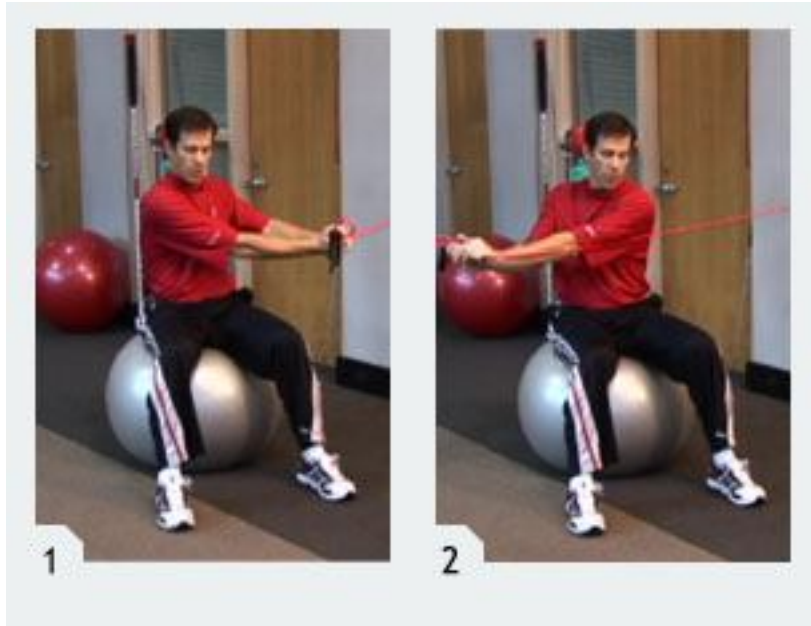
Front Lunges

From a standing position start by taking a large step forward with your right foot. Pretend like you are standing on a balance beam (narrow your base) and lower your torso and pelvis down keeping your posture upright. Allow your back heel to come off the ground and make sure your front knee stays over your front ankle (Don't let your front knee go forward past your ankle!!!). Repeat on the other side.



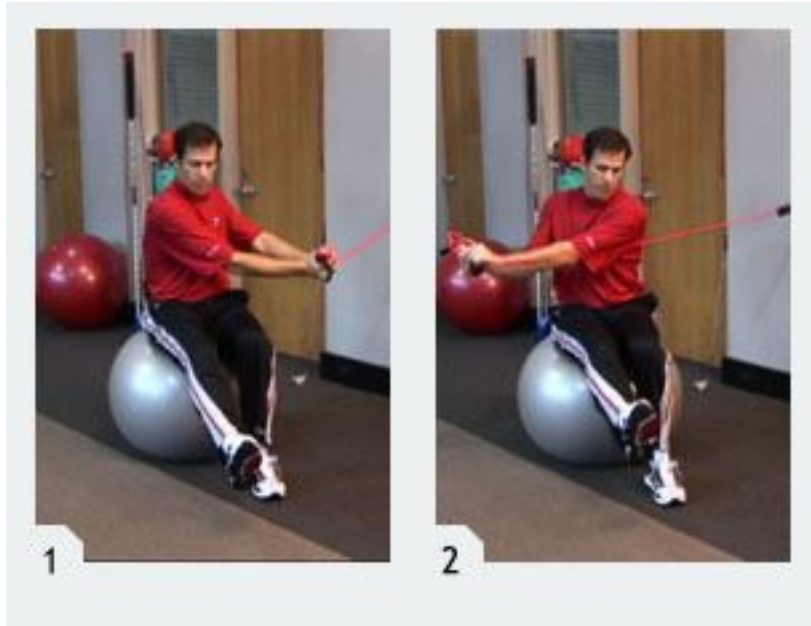
Horizontal Chop Wide Base

Attach one end of your FMT to the middle hinge of a door and sit on top of a Swiss ball holding the free handle of the FMT with both hands. Widen your base of support by spreading your feet apart past your hips and then try to rotate your trunk and arms back and forth holding the FMT for resistance. The Swiss ball is going to force you to stabilize your lower body as you perform this exercise. Repeat in both directions.



Horizontal Chop Single Leg

Attach one end of your FMT to the middle hinge of a door and sit on top of a Swiss ball holding the free handle of the FMT with both hands. Narrow your base of support by lifting the leg farthest from the door and then try to rotate your trunk and arms back and forth holding the FMT for resistance. The Swiss ball is going to force you to stabilize your lower body as your perform this exercise. Repeat in both directions.



House Protocol 1

1) Exercise one is called **Saws**. Start with your elbows at 90 degrees with your arms by your sides. Try to saw your hands back and forth quickly. Perform three hand positions (palms facing up, palms facing each other, and palms facing down) and three reps of each.

2) Exercise two is called **Punching Biceps**. Start with your elbows at 90 degrees with your arms out in front of your body. Alternate rocking each arm back and forth like you were rocking a baby. Perform three hand positions (palms facing up, palms facing each other, and palms facing down) and three reps of each.

3) Exercise three is called **Hitchhikers**. Start with your hands over your thighs with your palms facing your legs. Lift your elbows up to the sky and then externally rotate your hands and extend your elbows at the same time. Perform a minimum of three repetitions.

4) The last exercise is called **Push/Pulls**. Take your dominant hand and hold it out in front of your face with your palm facing away. Lift your other hand up and lock your fingers together with your dominant hand. With elbows parallel to the ground try to pull your hands apart as hard as possible, trying to squeeze your shoulder blades together at the same time. Hold for three seconds and then move your arms side-to-side continuing to pull apart. Then make three big circles forward and three circles backwards with your hands still pulling apart. Finally, try to swim forward three times and backwards three times with your elbows. Now repeat the same movements while pushing your hands together instead of pulling.



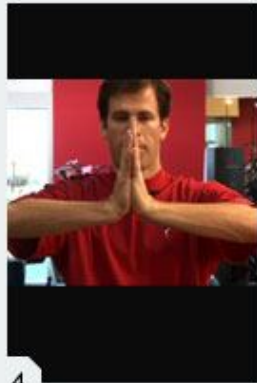
House Protocol 2

1 & 2) Exercise one is called **90/90 Push ups - Pull-ups**. Start with your right elbow at 90 degrees and your right shoulder at 90 degrees, with your right arm out to your side and your thumb pointing up. Place your left hand on top of the fingers of your right hand to add resistance. For a count of three seconds try and lift your right arm up, but resist with your left hand. Then repeat with your right palm down and right thumb down. Now take your left hand and place it underneath your right hand, with your right thumb point up. Try to push your right arm down, but resist with your left hand. Repeat this with your right palm down and right thumb down. Now reverse the entire process for your left shoulder.

3) Exercise two is called **Arm Circles**. Start with your elbows extended and your arms out to your side parallel to the floor. Start making small circles with your hands for three reps in three different hand positions (thumbs up, palms down, thumbs down).

4, 5, & 6) Exercise three is called **Prayer Palm Presses w/ Lift**. Start with your hands out in front of your chest, palms pressed together, fingers extended, and elbows out parallel to the floor. Try to bring your elbows and forearms together in front of your body. Holding this position, try to lift your arms up over your head as far as possible keeping your forearms together as long as possible. Repeat three times.

7 & 8) The last exercise is called **Spider Against a Mirror**. Start with your hands out in front of your chest, palms pressed together, fingers extended, and elbows out parallel to the floor. Now press each finger against each other one at a time for three seconds with each finger. Then push your palms away from each other, but keep your finger tips in contact with each other. Finally, pressing your fingertips together, make big rotations with your forearms forwards and backwards, three times in each direction.



House Box Presses

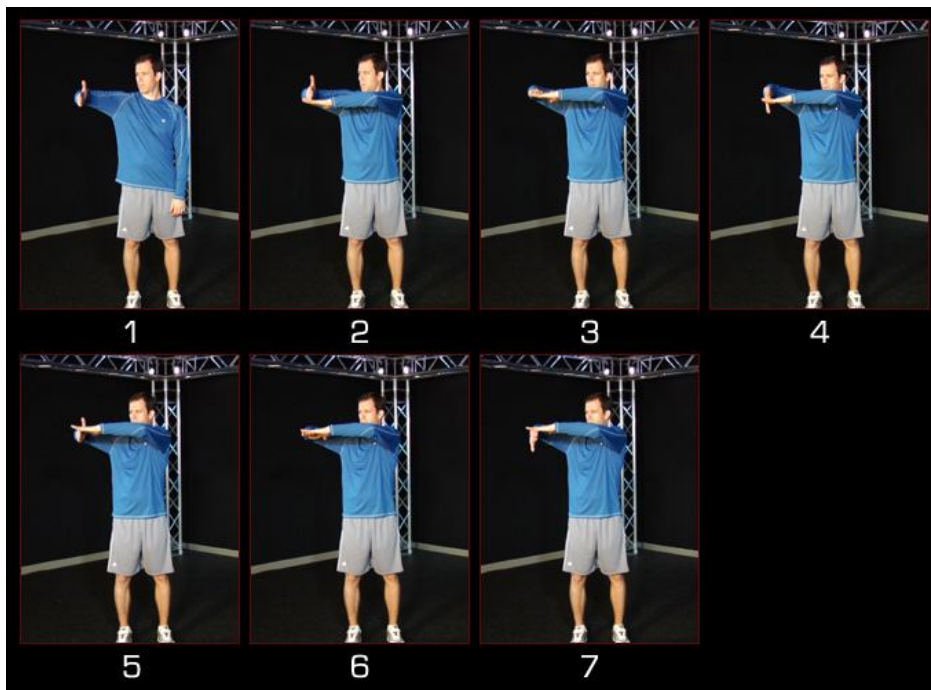
Begin by getting into a standing position with no lower back arch. Next raise one arm directly to the side, approximately to shoulder level. From the elbow joint, you are going to bend your elbow so that the hand is palm facing down and directly outstretched in front of the body. At this point your elbow should still remain at the side of your body at approximately shoulder level.

With the opposite hand, reach across the body and place this hand (palm facing down as well!) directly underneath the other hand. This will create a box that is formed between the two arms.

Now with the top hand, you are going to push downwards into the opposite hand as hard as you can without causing any motion. Try and hold this push for approximately 3 seconds. At this time you are going to take the top hand and rotate it so that the thumb is pointing upwards, and repeat the same push downwards into the lower hand for approximately a 3 count. The final top hand position is going to be a thumb down position. Repeat the downward push into the opposite hand for a count of 3.

The next step is to now take the top hand and place it on the bottom of the hand that was "previously" on the bottom. This hand now becomes the lower hand and will be placed into the original "palms down" position. At this point we are going to now push UP as hard as we can into the top hand for a count of 3. Rotate the lower hand so that the thumb is pointing upwards and repeat the upward push for a count of 3, and finally rotate the thumb to point downward (lower hand) and push upwards for a count of 3.

This entire process will then be repeated in the opposite manner on the other side of the body.



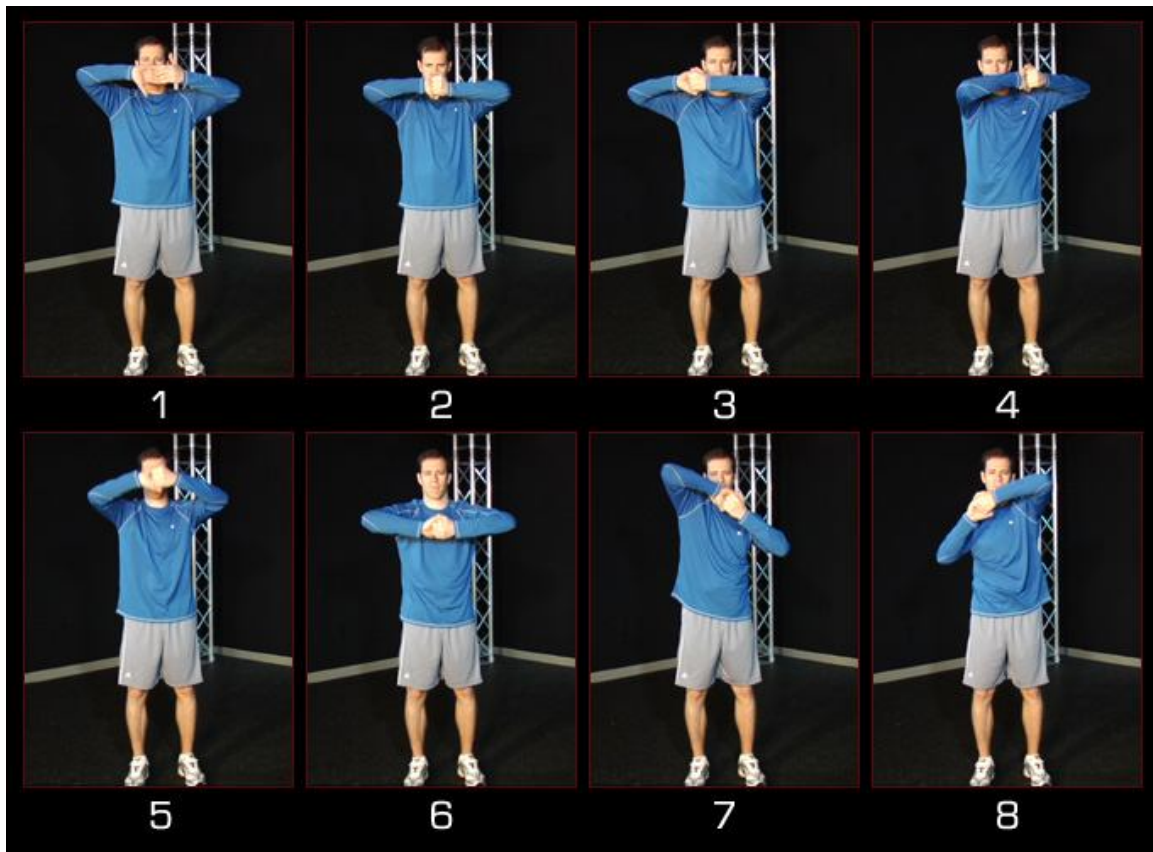
House Arm Circles

Holding arms to your sides and slightly in front of your body perform short, medium and big arm circles both clockwise and counter clockwise. Repeat in all three hand positions - thumbs up, palms down and thumbs down. Try five circles for each position.



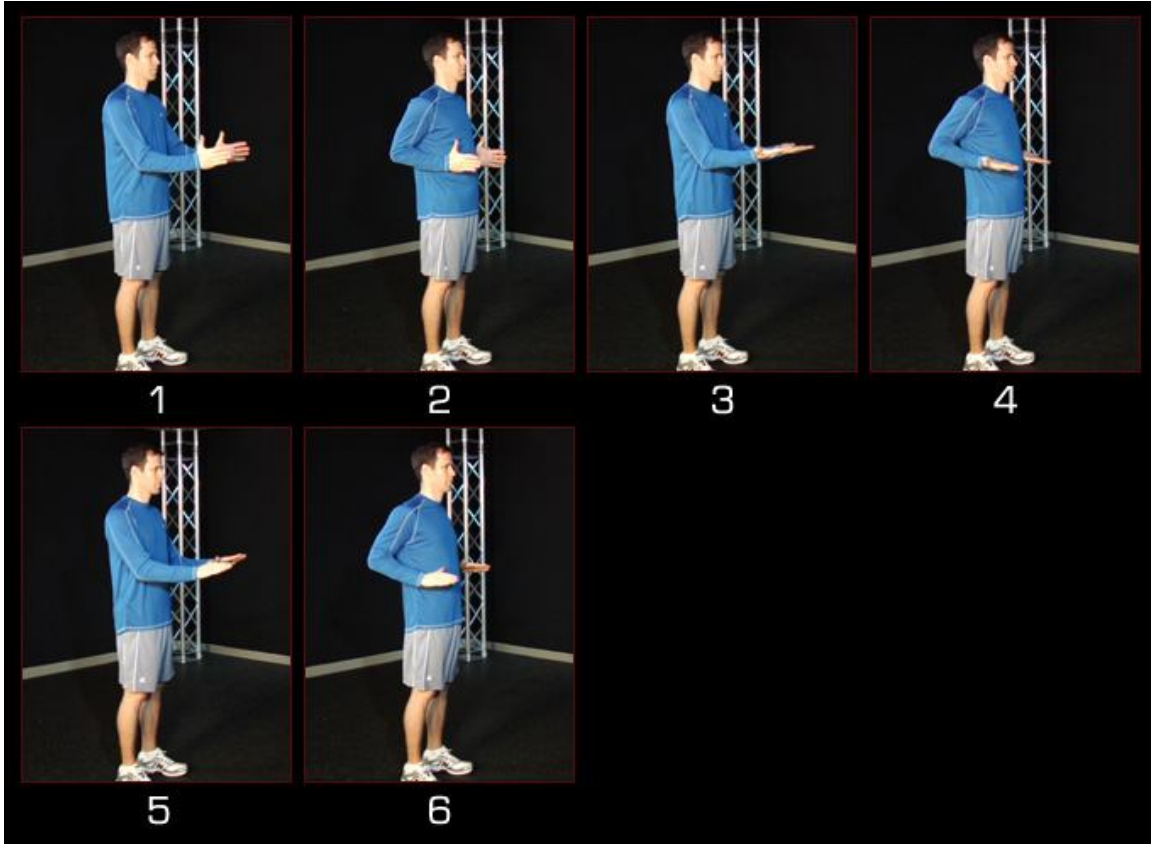
House Push Pulls

Clasp hands together in front of your body with your left palm facing you, your right palm facing away and your arms parallel to the ground. Pull your arms apart as hard as you can for five seconds. Move your arms back and forth from left and right continuing to pull apart and keeping your arms parallel to the ground. Repeat five times and then perform big circles forward and backward with your hands continuing to pull. Repeat five times then practice swimming forward and backwards with your elbows continuing to pull. After five times, push your hands together as hard as you can and repeat the whole series.



House Saws

Start with elbows by your sides palms down, and move your arms forward and backward like a saw. Next, rotate your hands until your thumbs are pointing up and repeat the move. Finally, rotate your palms up and repeat again. Perform 5 saws in each hand position.



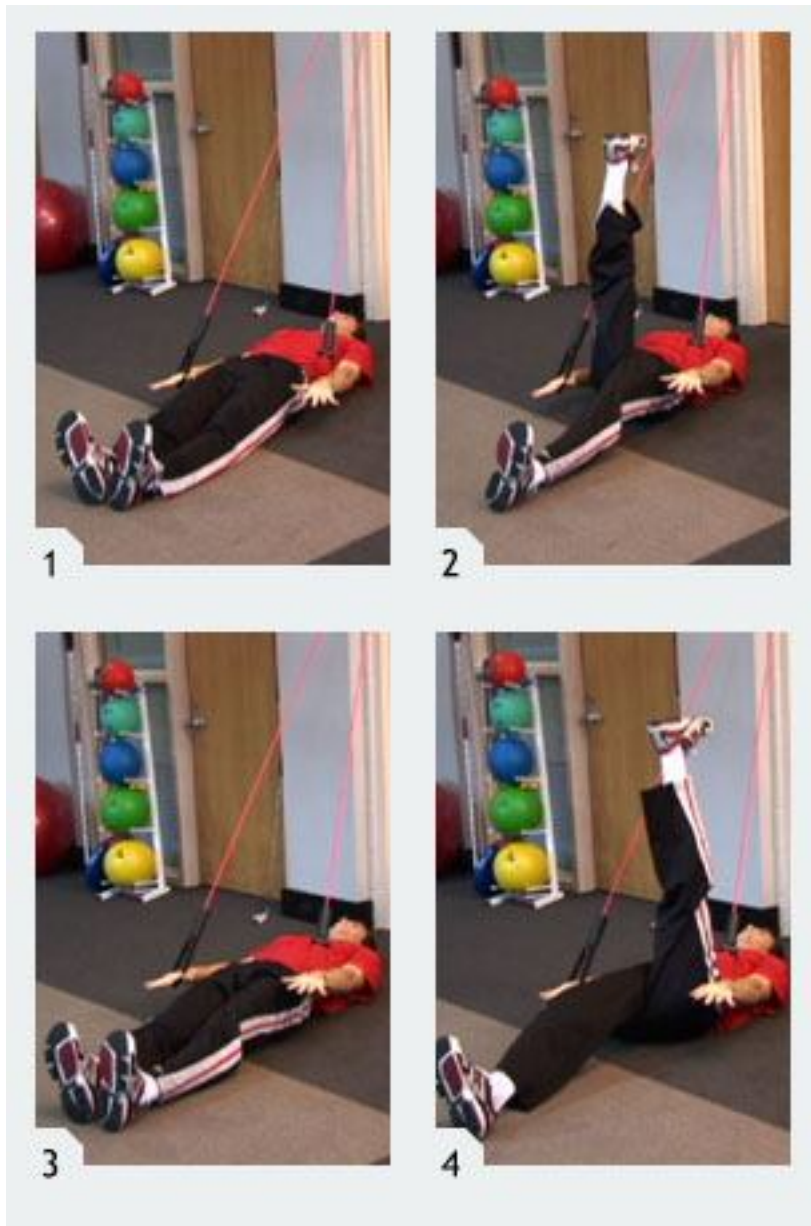
Kneeling Lunge

In a kneeling position with your right knee in front, keep the hips square and bend the right knee, bringing your weight into your right leg. You should feel a stretch in the front of the left hip. Be careful not to let the right knee move past the toes. Hold for 30 seconds and repeat on the other side.



Leg Lifts Arms Pre-Loaded

Attach the middle of the FMT to the high hinge of a door. Grab both handles and lay flat on your back with your head facing the door and your legs extended. Pull both handles down by your side, palms facing down, and stabilize your core. Keeping your spine stable try to lift one leg at a time, keeping the leg straight and the opposite leg down. Repeat back and forth.



Leg Only Bird Dog

Start in the quadruped position (all fours) with arms and thighs perpendicular to the floor and one knee elevated on an airex pad or pillow. While stabilizing your spine in a neutral pelvic posture, try to extend your non-elevated hip, keeping your knee bent at 90 degrees. Make sure you don't increase the curvature in your lower back at the same time!



Open Books

Lie on your side with your knees bent and your hands extended out in front of you. Keeping your knees in contact with the ground, try to rotate your top arm all the way across your body. Try to touch your forearm to the ground, keeping your arm at chest level. Return and repeat on both sides



Pec Stretch with Ball

Get on your knees with your swiss ball out to your side. Place your elbow and forearm on the ball at a 90-degree angle. From there roll the ball out to your side by pushing the ball away from you, keeping your elbow and shoulder up. This will create a big stretch in your pec. Hold for 2 full breaths and repeat on the other side.



Prayer Stretch

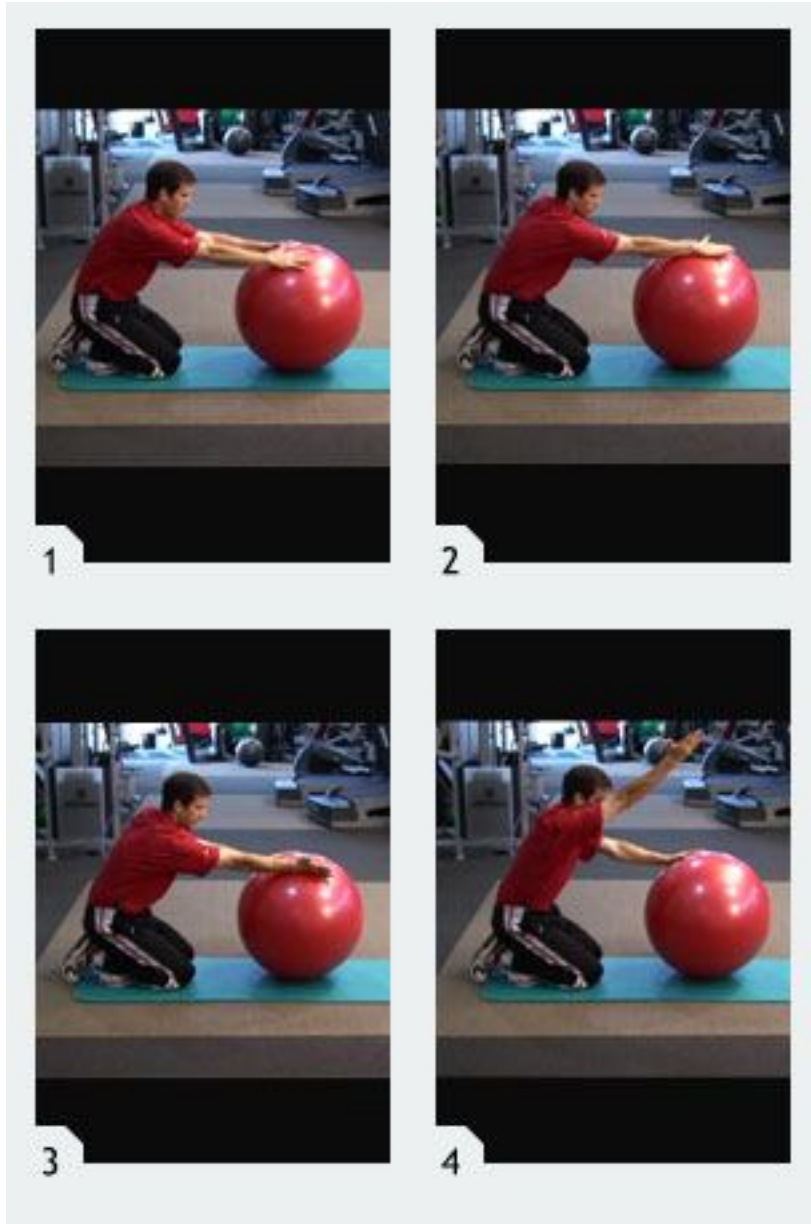
Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Place both arms on a Swiss Ball and slowly roll the ball straight out in front of you. Go until you feel a big stretch in your lats and stop if there is any pain.



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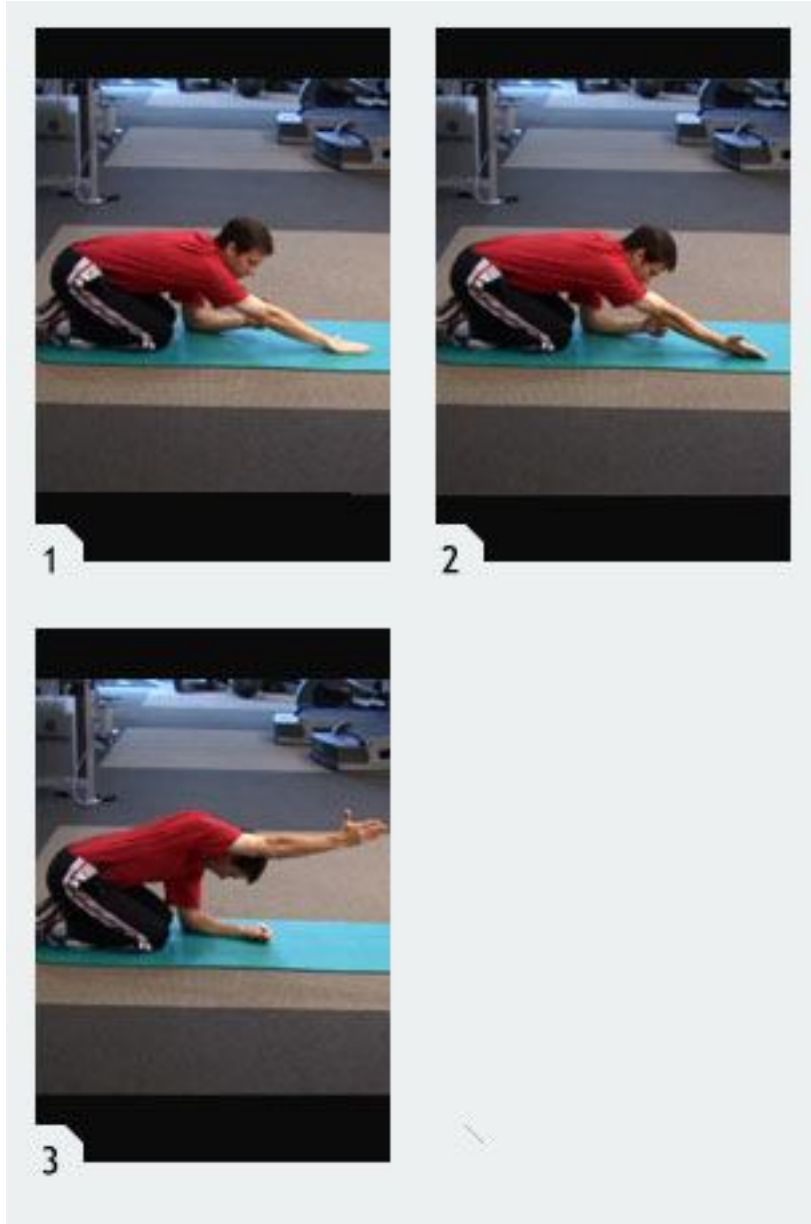
Reach Roll and Lift with Ball

Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Place both arms up on a Swiss ball and then take your right arm and reach out as far as possible over the ball keeping your trunk stable. Roll your palm to the sky, and then try to lift your arm up off the ball. Make sure you only lift your arm, not your trunk. Repeat on the other side.



Reach Roll and Lift

Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Take your right arm and reach out as far as possible keeping your trunk and head down. Roll your palm to the sky, and then try to lift your arm up off the ground. Make sure you only lift your arm, not your trunk. Repeat on the other side.



Search and Destroy

Begin by getting into the Half Kneeling position and with a massage stick, a golf shaft, or any broom handle like object you can begin massaging the backs of the calf muscle.

Work toward the inside and the outside of the calf, as well as both high and low on the calf. Make sure to get down and be firm with your massage strokes as if you were getting a deep tissue massage in the calf region. Make nice long and smooth strokes focusing on trigger points or areas that elicit a bit of tightness or apprehension. These areas are most likely the muscle adhesions that we are trying to break up with the activity. Massage for about 30seconds to a minute and then switch legs.

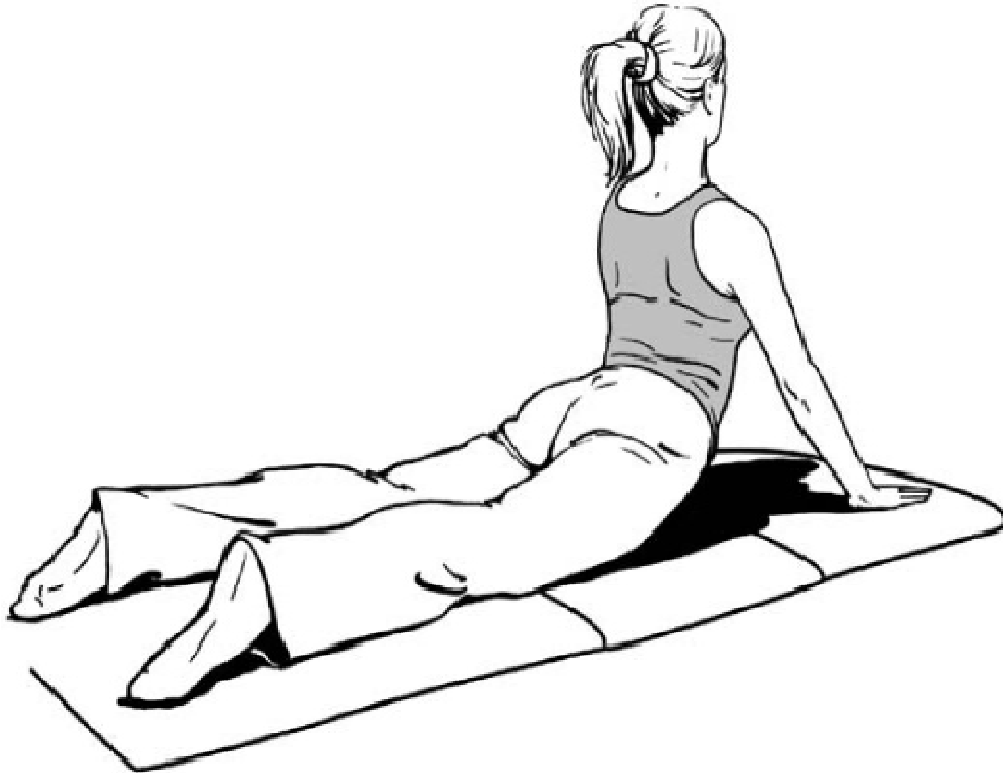


Self Care McKenzie

Standing: Place hands behind low back. Extend the spine by inhaling and reaching the chest up. Slowly arch your back into an extended position, and slowly return to neutral spine. Each time you repeat the exercise extend the spine as described.

Self Care McKenzie

Lying on stomach: Place your hands on the floor by your shoulders. Extend the spine by inhaling and reaching the chest forward and up. Slowly push up with your hands (or elbows), and slowly return to the floor. Each time you repeat the exercise extend the spine as described.



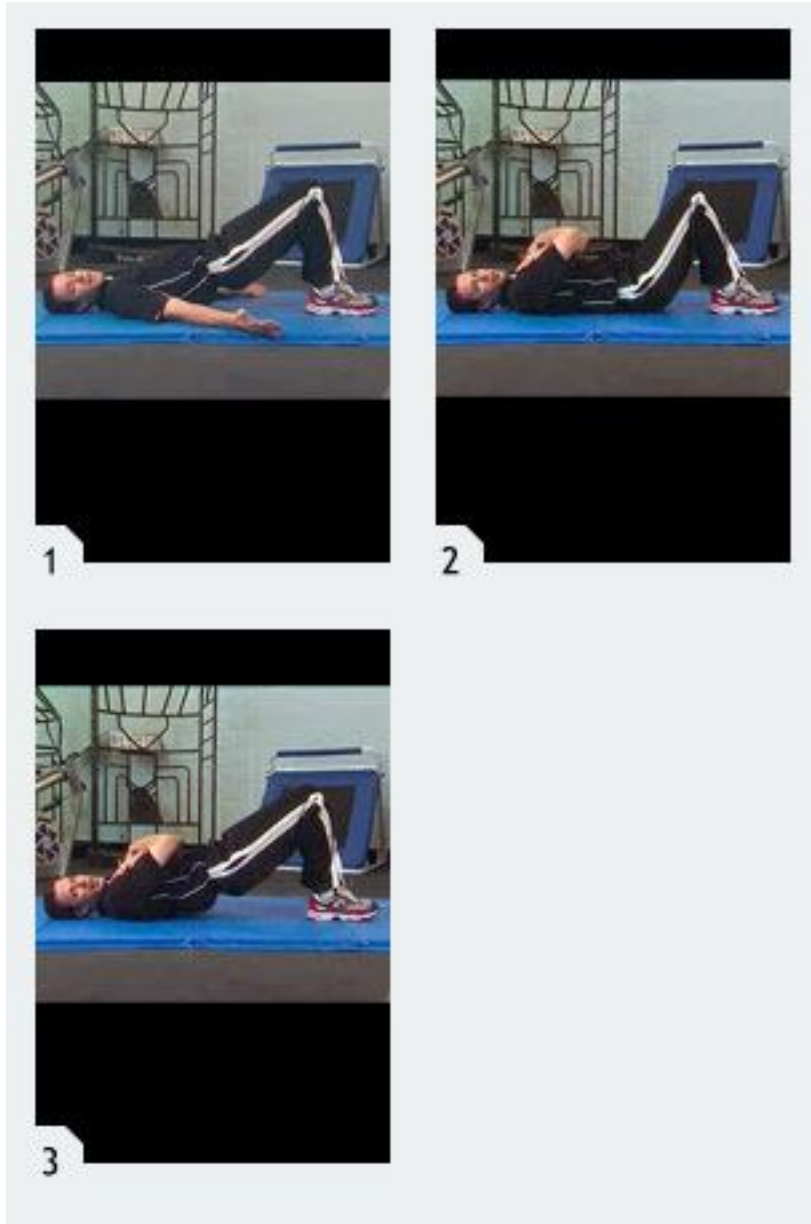
Steamboats

Begin this drill by standing with feet roughly 6 inches apart and an Xering around both ankles. With a straight leg, begin by kicking your right foot straight forward for approximately 15-30 seconds, without touching the right foot to the ground. Next kick across the center of your body with a straight leg approximately 12 inches for 15-30 seconds. Third, kick straight backwards approximately 12 inches without bending the knee for 15-30 seconds, and finally kick directly out to the side approximately 12 inches and maintain for 15-30 seconds. All kicks should be performed in a slow controlled manner.



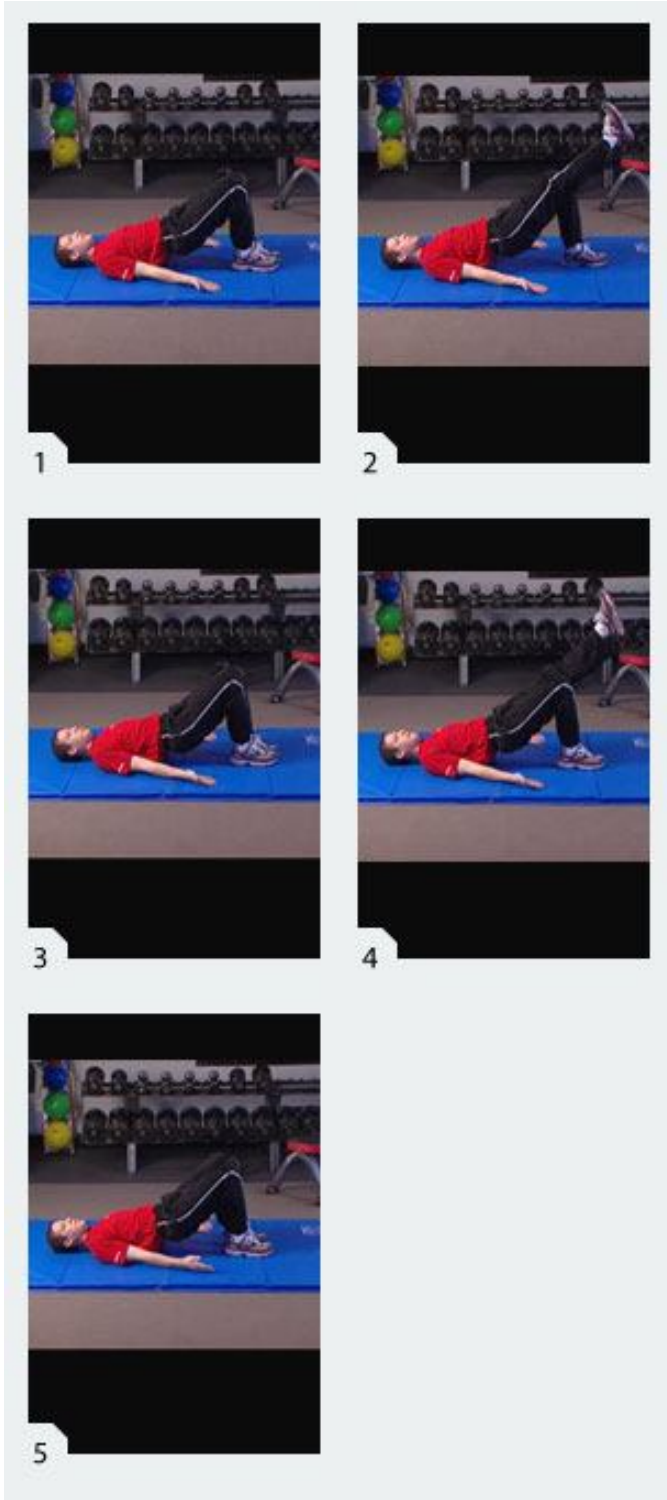
Supine Bridge

Lying flat on your back with your knees bent and your feet flat on the ground, extend your arms out to your side with your palms facing up. From there push your heels into the ground and lift your pelvis up. Perform reps of this focusing on using your glutes to lift and minimizing your legs (hamstrings). To make this harder, you can cross your arms over your chest.



Supine Bridge with Leg Extension

Lying flat on your back with your knees bent and your feet flat on the ground, extend your arms out to your side. From here, lift your hips up off the ground using your glutes. Once stable, extend your right leg out straight and try to maintain a stable pelvis. Hold for up to 10 seconds and repeat on the other side.



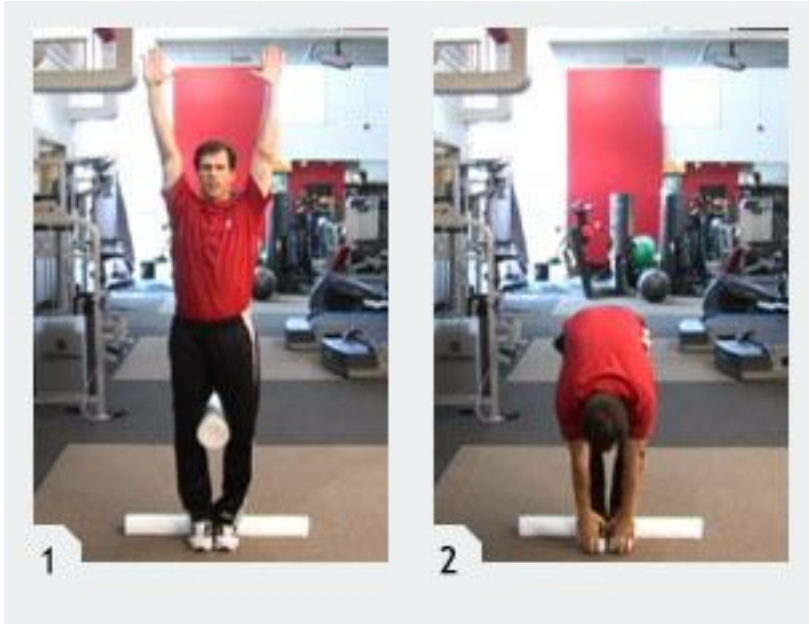
TFL Roll

Place your right side (hip) down on top of a foam roller. Place your left leg in front of your right leg for support and roll the foam roller up and down your right leg. Use your body weight to assist the stretch and focus longer on any tender areas.



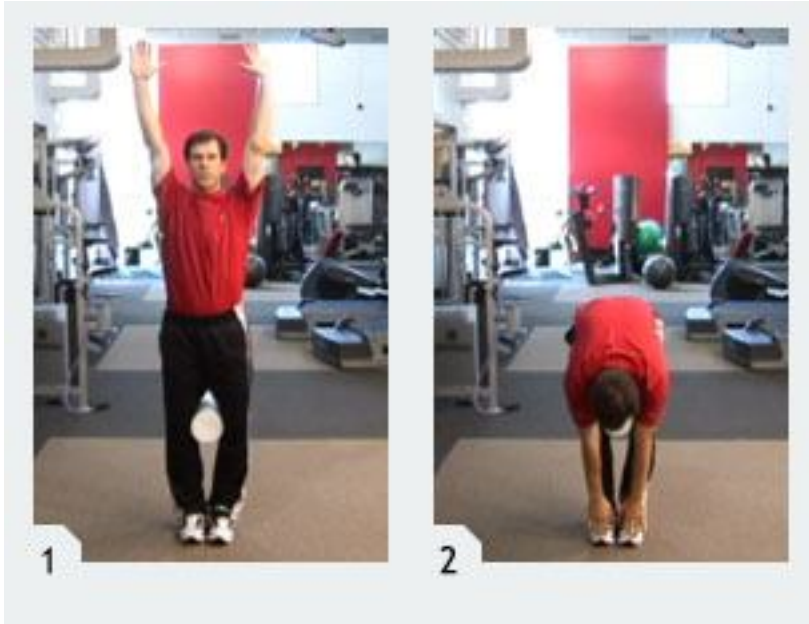
Toe Touch Heels Up

Start by elevating your heels up on a foam roller or small phone book. Raise your arms straight up over your head and place a rolled up towel or foam roller between your knees. Now, slowly bend from your hips and try to touch your fingers to the ground. If you squeeze your knees together during the movement it will help assist the stretch.



Toe Touch Knees Apart

Standing tall with your feet together, raise your arms straight up over your head and place a rolled up towel or foam roller between your knees. Now, slowly bend from your hips and try to touch your fingers to the ground. If you squeeze your knees together during the movement it will help assist the stretch.



Trunk Curl Up

Lie on your back, right knee bent so the foot is flat on the floor, one leg straight. Position right hand under the small of your back. Keeping the chin tucked, curl your upper body up only until your ribs leave the floor. Return to the floor, repeat as instructed, and repeat on the opposite side.



Twisted Prayer Stretch

Start by getting into a prayer position by kneeling down on the ground and sitting back onto your heels. Place both arms on a Swiss Ball and slowly roll the ball straight out in front of you. Go until you feel a big stretch in your lats and stop if there is any pain. Then try to rotate to the left to get a bigger stretch on the right lat and hold. Repeat on the other side!



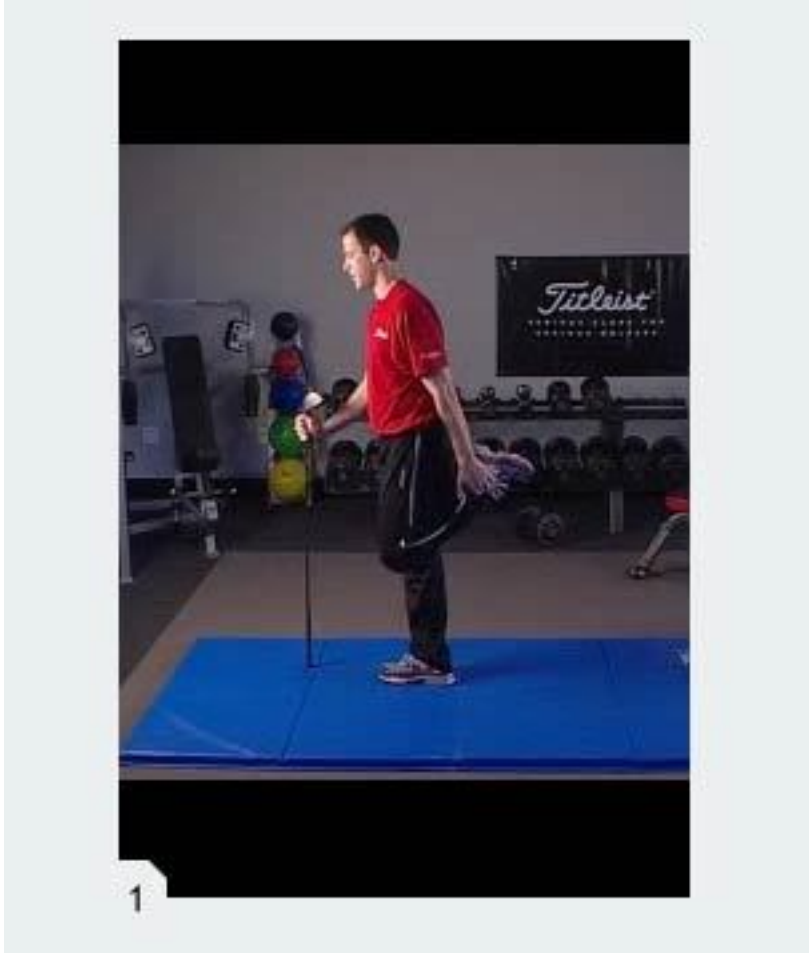
Standing Hip Flexor Stretch

Lift your leg up on a chair with your pelvis in a neutral position. Lean into it slightly and you will feel the stretch in your hip flexor of the down leg. Tuck your pelvis underneath you and you will feel an increase in the hip flexor stretch.



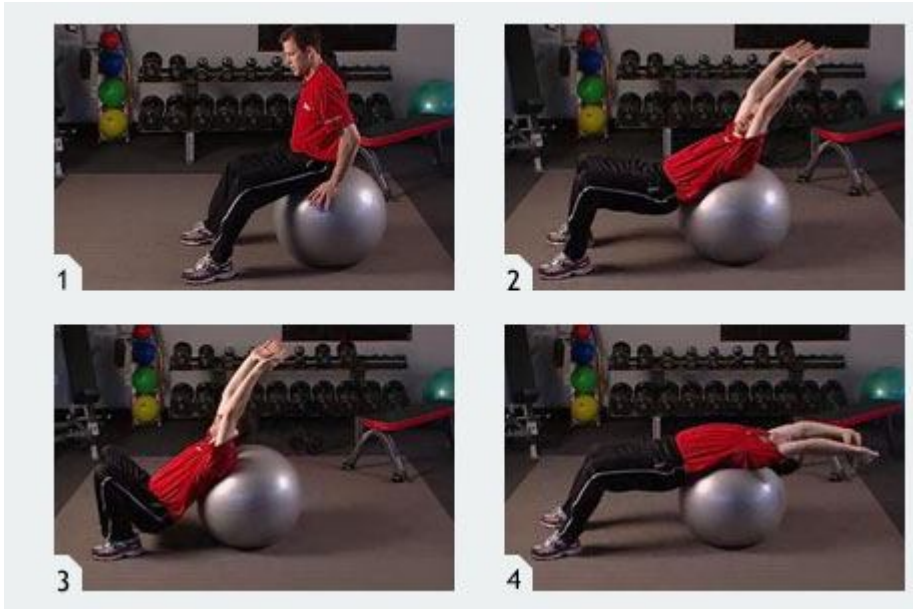
Standing Quad Stretch

Standing tall with a golf club in your right hand for support, bend your left knee and bring your heel towards your butt. Grab your left foot with your left hand and pull your thigh back to stretch the quad. Hold for 15-20 seconds and repeat on both sides.



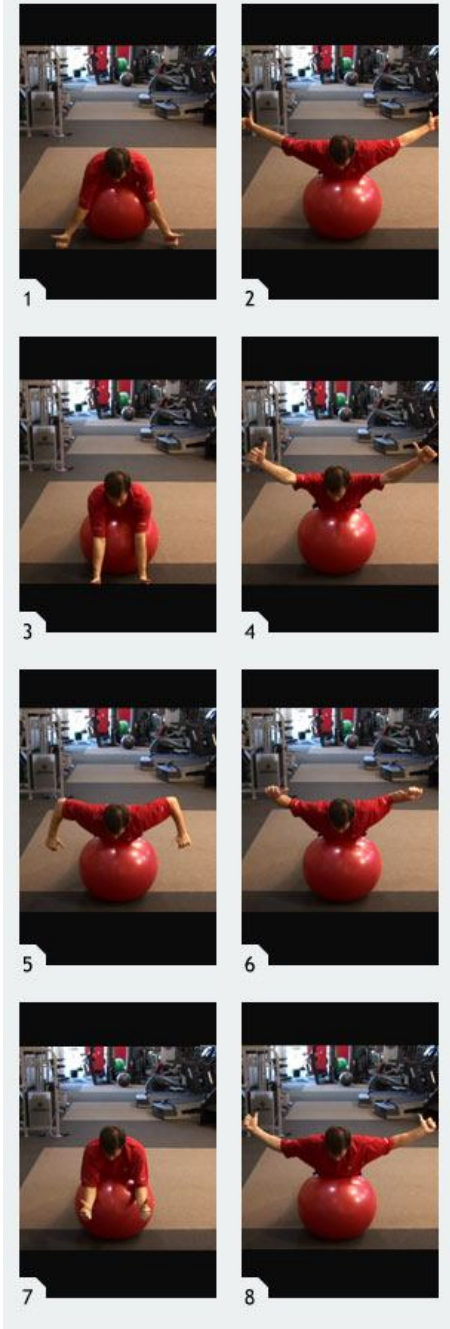
Thoracic Roll on Ball

This stretch will help to correct a rounded or slouching back, creating a better posture and better shoulder range of motion.



TYLW's

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and down squeezing your shoulder blades together as you lift. This is called the T. Next, lift your arms up and down in front of you trying to make the letter Y. Then, with your elbows bent to 90 degrees, lift your elbows to the sky and then externally rotate your arms at the top to make the L. Make sure you squeeze your shoulder blades together throughout all these movements. Finally, start with your arms out in front and lift and externally rotate your arms into the W position



Y's

Roll out face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and out to your side trying to make the letter Y, while squeezing your shoulder blades together as you lift. This is called the Y. Lower your arms and repeat.



T's

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. With your thumbs pointed to the ceiling and your arms extended, lift your arms up and down squeezing your shoulder blades together as you lift. This is called the T. Repeat back and forth.



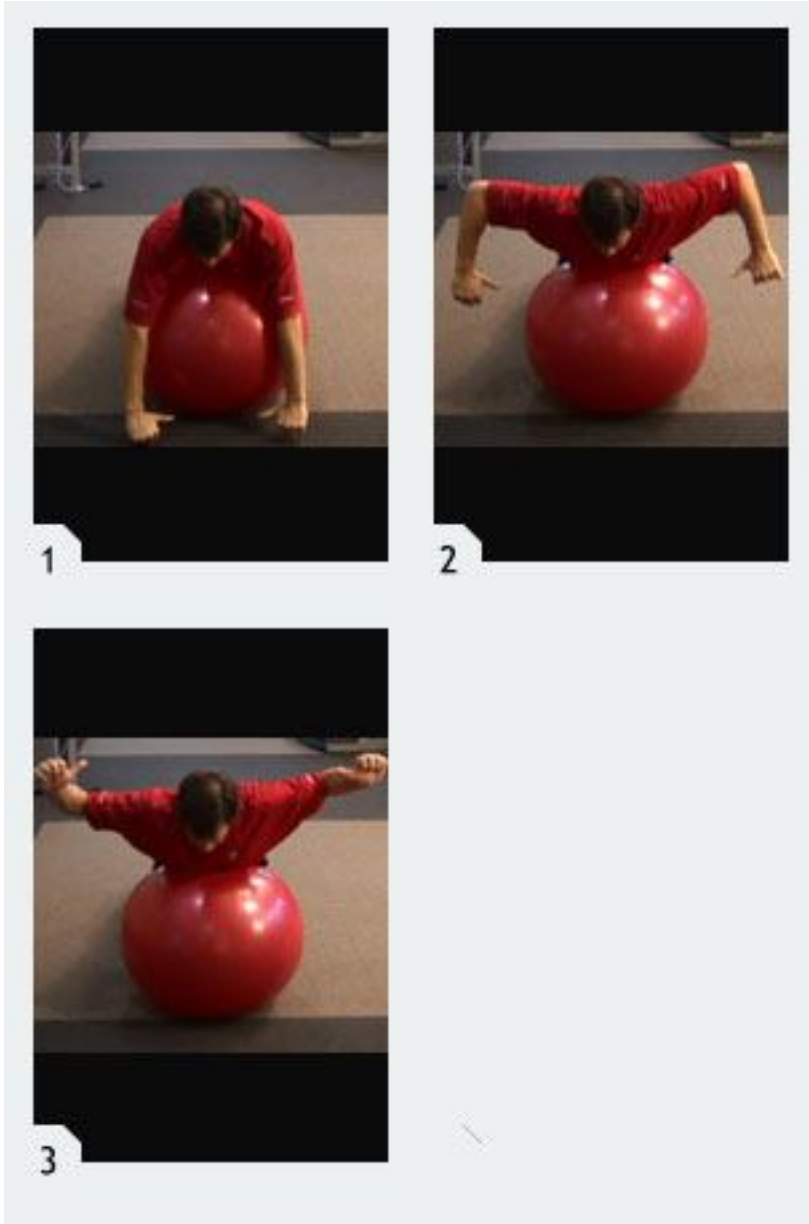
W's

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. Start with your arms bent and out in front of the ball and lift and externally rotate your arms into the W position. Make sure you are squeezing your shoulder blades together as you lift. Repeat back and forth!



L's

Lie face down on a Swiss Ball with your legs spread apart for support and your lower rib cage on top of the ball. Then, with your elbows bent to 90 degrees, lift your elbows to the sky and then externally rotate your arms at the top to make the L. Make sure you squeeze your shoulder blades together throughout the movement. Repeat.



Wallslide

Stand with your feet a few feet from the wall, lean back onto the wall. Position hands in a 90-degree position with your back, head, elbows, and the backs of hands up against the wall. As you exhale, bend the knees and slide down the wall, stopping when the back, elbows, or hands start to come off the wall. Inhale as you straighten your knees and elbows.

