



913 South College Road, Suite 105  
Lafayette, Louisiana 70503  
337-261-0100  
www.AbshireChiroSport.com

## **NECK - HEADACHE STRETCH**

Sub Occipital / Levator Scapulae- These muscles are located in the back of the neck. Persons with high stress levels and/or jobs or activities that require looking down for long periods are usually affected. Common symptoms are tightness in the neck and headaches.

To perform this stretch:

- Sit or stand
- Raise your arm over the top of your head
- Place your hand on the opposite side of the back of your head between ear and back of head
- While keeping your wrist straight, gently point your elbow to the ground towards your knee
- Pull down on your head while allowing your neck to relax

To Modify:

- Follow first two steps above
- Place your hand over opposite ear
- Gently pull head over shoulder while allowing your neck to relax

Hold this for 30 seconds to 1 minute. Perform this on both sides 1 to 2 sets 5 times per day. It is important to stretch frequently but not necessary to pull hard.

## **SHOULDER - SASSY STRETCH**

Infraspinatus- This muscle is part of the rotator cuff, which controls movements of the shoulder. When this muscle is tight, it causes a decrease in internal rotation of the shoulder and commonly causes pain in the upper arm. This muscle is responsible for a very common condition in the shoulder called "Impingement Syndrome", which feels like a deep catching in the shoulder joint when raising the arm.

To perform this stretch:

- Sit or stand
- Put back of wrist on side of waist
- Grab elbow with opposite hand
- Pull elbow forward while keeping shoulder relaxed

Hold this for 30 seconds to 1 minute. Perform this stretch on both sides 1 to 2 sets 5 times per day. It is important to stretch frequently but not necessary to pull hard.

## **GLUTEAL STRETCH**

Piriformis- This muscle is one of the deep gluteal muscles and surrounds the sciatic nerve. When this muscle is tight it can compress the sciatic nerve causing pain in the gluteal region as well as numbness, tingling and/or pain into leg and foot. This condition is called a "Piriformis Syndrome". This condition is commonly misdiagnosed as a herniated lumbar (lower back) disk.

To perform this stretch:

- Lie on back with legs flat and knees straight
- Grab the opposite ankle with one hand and same knee with other hand ( your ankle and knee should be equal distance from your chest)
- Slowly pull both ankle and knee to chest

Hold this for 30 seconds to 1 minute. Perform this stretch on both sides 1 to 2 sets 5 times per day. It is important to stretch frequently but not necessary to pull hard.

## **DOOR STRETCH**

Quadratum Lumborum- This muscle is deep in the low back. When tight, it may cause dull, achy and nagging back pain. If severe, the pain can feel as if it takes the patient's breath away. This condition commonly goes undiagnosed because diagnostic testing does not reveal it to be the cause of the pain. It is commonly misdiagnosed as a herniated lumbar (lower back) disk.

To perform this stretch:

- Stand next to post or door jam with door open
- Place feet together and face as if you were going to walk past the door opening instead of through it
- Grab door jam with both hands
- Allow your body to bend at the waist forming a "C" shape away from the post or door jam
- Relax body allowing lower back to stretch

Hold this for 30 seconds to 1 minute. Perform this stretch on both sides 1 to 2 sets 5 times per day. It is important to stretch frequently but not necessary to pull hard.



## **LEG - HIP POINTER STRETCH**

TFL/IT Band - This muscle group is located on the side of the hip and attaches to the outside of the knee. When tight, it causes deep pain in the hip and the knee. This condition is commonly found in runners/walkers and those who stand for long periods (i.e. hairstylist).

To perform this stretch:

- Stand with affected side away from wall
- Place hand on wall
- Place foot closest to wall in front of other and relax it
- The affected leg should have all body weight on it now
- Gently allow hip to move away from wall forming a "C" with body
- Bend slightly forward or backward to target area to be stretched

Hold this for 30 seconds to 1 minute. Perform this stretch on both sides 1 to 2 sets, 5 times per day. It is important to stretch frequently but not necessary to pull hard.

## **CALF STRETCH**

Gastrocnemius / Soleus - This muscle group is located in the lower part of the leg and is commonly referred to as the calf. When tight, these muscles can cause pain in the lower leg and bottom of the foot. Common conditions originating in this area are shin splints, plantar fasciitis and achilles tendonitis.

To perform this stretch:

- Stand on step or ledge
- Place forefoot on edge of step so heel is unsupported
- Place opposite foot in front of other and relax
- With knee straight, allow all of body weight on foot
- Stretch as directed below then slightly bend knee while keeping body weight on foot and repeat

Hold both for 30 seconds to 1 minute. Perform this on both sides 1 to 2 sets 5 times per day. It is important to stretch frequently but not necessary to pull hard.

