



Includes 5
BONUS
Yoga Stretches!

UNWIND
Chiropractic Care

EXCEED YOURSELF!

Full Body Stretch

Your Daily Morning Stretch Routine

A GUIDE FOR DAILY FULL BODY STRETCH
UNWINDCHIROCARE.COM

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Why Stretching Daily is so

important!

Stretching keeps the muscles flexible, strong, and healthy. We absolutely need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight and can become more prone to injuries! Injured muscles may not be strong enough to support the joints, which can lead to other serious injuries. These stretches are designed to feel a gentle stretch, not pain.

Lateral Neck Stretch



Pull one ear towards your shoulder. Make sure to gently pull to feel the stretch. Go only as far as you can go. Remember, this stretch should not be painful. Hold for 20 seconds and switch.

Directions:
Hold for 20 seconds & switch

Shoulder Stretch



Pull one arm gently across your chest. Make sure to keep your shoulders relaxed as much as you can. Hold for 20 seconds, relax and switch to other arm.

Directions:

Hold for 20 seconds & switch

Chest Stretch



Interlock your fingers and put your hands behind your head. Keep the elbows bent and slowly pull your elbows back as far you can go. You should feel your chest open up.

Directions:
Hold for 30 seconds

Lumbar Rotation



For this stretch, you will be seated. Cross one leg over the other. Keep one knee straight and the other one bent. You are going to gently rotate away from the bent legs. Use your elbow to get a full rotation of your lumbar spine.

Directions:
Hold for 20 seconds & switch

Gluts/Hamstrings Stretch



Lay on your back. Make a figure-4 and pull the straight leg to your chest. Relax your head and lower back and pull as far you can go. Make sure to take deep breaths in and out.

Directions:
Hold for 20 seconds & switch

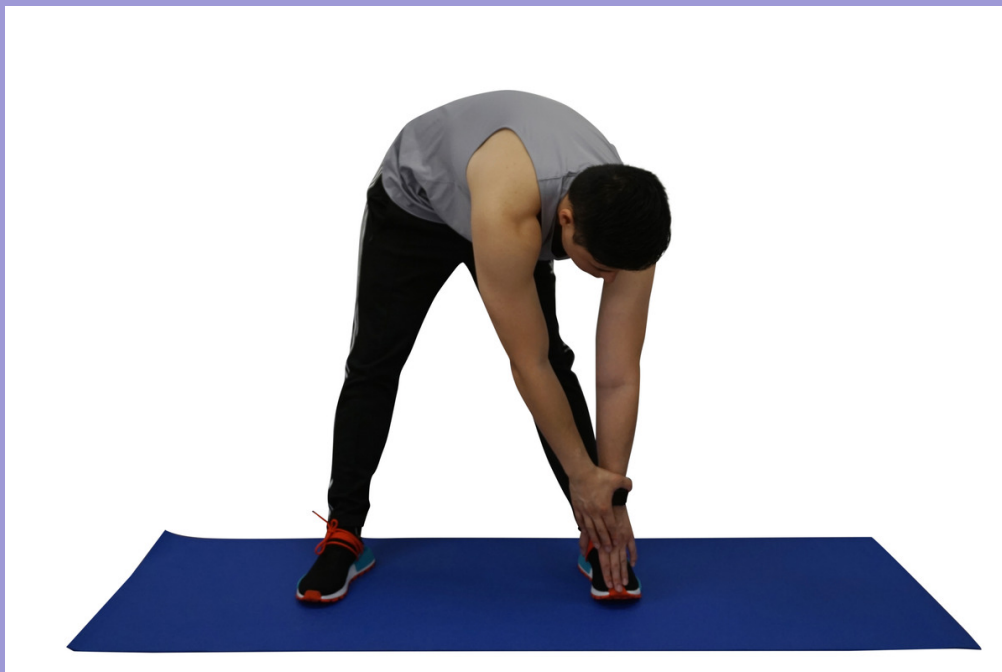
Unilateral Quad Stretch



Grab one leg and pull it towards your gluts slowly. Go as far as you can, hold, and switch.

Directions:
Hold for 20 seconds & switch

Hamstrings Stretch



Create a wide base, more than shoulder width apart. Slowly try and reach for your toes. Hold for 20 seconds and switch to the middle and try touching the floor. Hold again and reach over to your other toes.

Directions:

Hold for 20 seconds & switch

Triceps Stretch



Make sure to keep your shoulders relaxed on this stretch. Reach your finger tips down your spine while supported by the other hand. Hold for 20 seconds and switch.

Directions:

Hold for 20 seconds & switch

YOUR DAILY

YOGA POSES

These short routines will make a big difference in how you feel.



NOTE: The yoga poses below are designed for people who do not have pain or with acute pain only. If you have chronic or severe pain, do not try. We advice you to continue with morning routine stretches only.

Pigeon Pose



Start from all fours (on hands and knees), bring your right knee forward and place behind your right elbow. Slide your left leg back, straighten the knee and point the toes. Keep your legs close to each other to square your hips.

Directions:
Hold for 45 seconds & switch

Crescent Lunge



Start by having one leg forward and the other leg backward. Back heel should be pointing up to the ceiling and make sure to square your hips to the front leg. Drop your front knee down to your ankle and reach your arm up by your ear. Make sure to breathe and look straight or up!

TIP: Drop your back knee to modify if balance is an issue. This will also help to give a nice stretch of the psoas muscle.

Directions:

Hold for 45 seconds & switch

Downward-facing Dog



Start on all fours. Make sure your hands are shoulder width apart. As you bend from the hips, release your shoulders away from your ears. Keep your spine straight and lower your heels slowly.

Directions:

Hold for 45 seconds & switch

Supine Bridge



Start in supine (on your back) position. Make sure to bend both knees to 90 degrees, hips width apart, and keep your feet planted. Press the feet into the floor, lift your hips to the ceiling. Keep your chest up by pressing down your shoulders and arms.

Directions:

Hold for 40 seconds & switch

Tree Pose (Vriksasana)



Stand with feet together. Lift your right leg and hook your foot on inner thigh. Keep the right knee facing outwards by squaring hips and chest forward. Bring your hands in the center and palm pressured at the same time.

TIP: If difficult, keep your right foot below the left knee for better balance.



Directions:

Hold for 40 seconds & switch

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SHARE IT WITH YOUR FRIENDS!

Hopefully you found these stretches helpful.

For any questions, visit our website
unwindchirocare.com

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