

Everyday Stretches

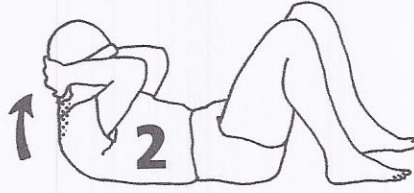
Approximately 8 Minutes

Start with several minutes of walking. Then use these everyday stretches to fine-tune your muscles. This is a general routine that emphasizes stretching and relaxing the muscles most frequently used during normal day-to-day activities.

In the simple tasks of everyday living, we often use our body in strained or awkward ways, creating stress and tension. A kind of muscular *rigor mortis* sets in. If you can set aside 10 minutes every day for stretching, you will offset this accumulated tension so you can use your body with greater ease.



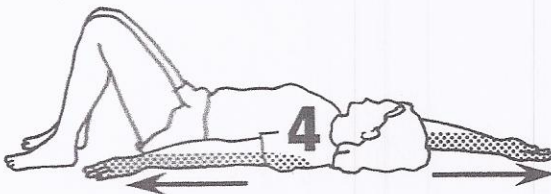
20 seconds
(page 26)



3-5 seconds
2 times
(page 27)



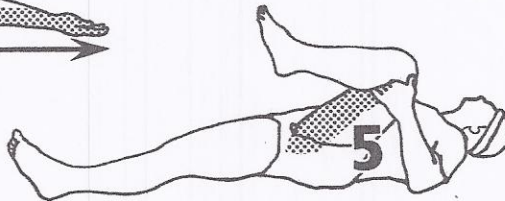
3-5 seconds
2 times
(page 28)



8-10 seconds
each side
(page 29)



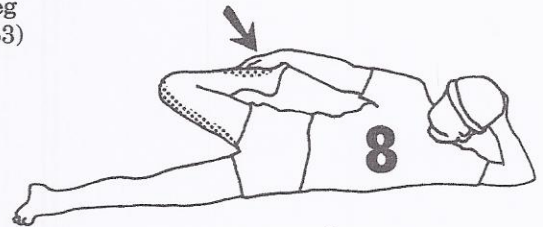
15 seconds
each side
(page 26)



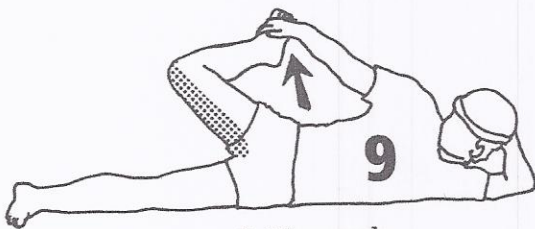
10-20 seconds
each leg
(page 63)



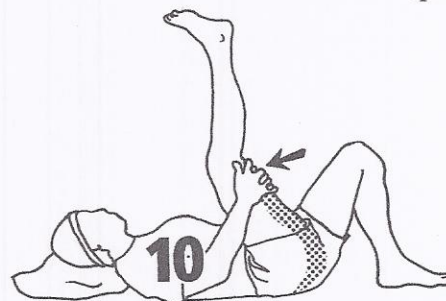
5-10 seconds
2 times
(page 30)



10 seconds
each leg
(page 36)



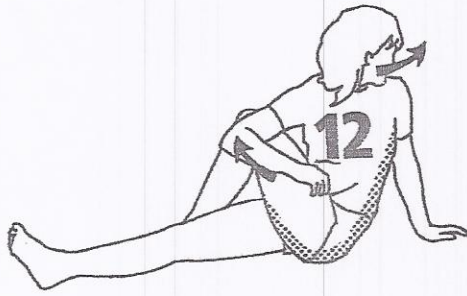
5-10 seconds
each leg
(page 36)



10-20 seconds
each leg
(page 58)



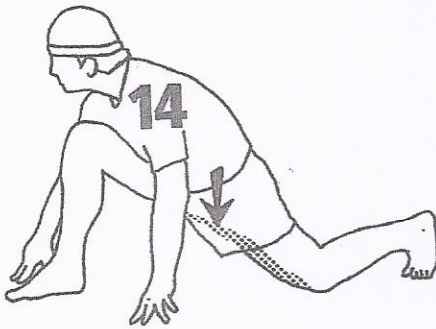
20-30 seconds



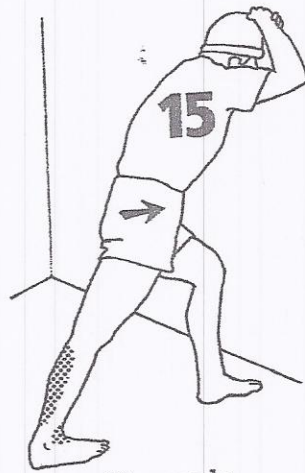
8-10 seconds
each side



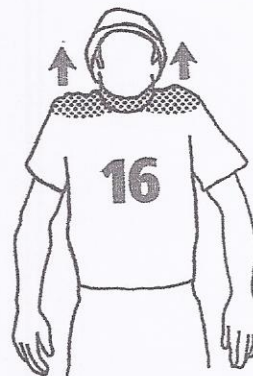
10 seconds
Repeat stretch #11.



15-20 seconds
each leg



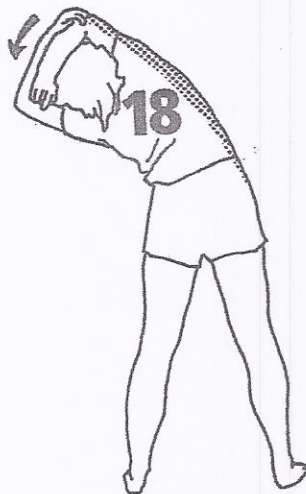
20 seconds
each leg



4-5 seconds
2 times



10-12 seconds
2 times



8-10 seconds
each side



20-30 seconds



10 seconds
2 times

American Chiropractic

Lake Havasu City, AZ 86403
(928) 680-9500