

coreStretch

10 minutes a day can Take Back Pain Away!

For best results, be sure that your arms are fully extended (not bent at the elbow) and your back is straight (not curved). Correct posture is shown below. This will maximize your back elongation and stretch.



Correct Posture



Incorrect Posture

NOTE: if the stretch on your shoulder is too intense, lower the position of the handle by one notch.



Correct Posture



Incorrect Posture

10 Minute Back Pain Relief Routine



LOWER BACK & HAMSTRINGS

Position yourself on the edge of your seat. Straighten your legs and slowly lean forward.

Hold for 30 seconds.
Rest for 15 seconds.
Complete 3 reps total.



HIPS (Piriformis) UPPER GLUTE & I.T. BAND

Sitting comfortably in your chair, cross one leg over the knee of the opposite leg. Slowly lean forward.

Hold for 30 seconds.
Rest for 15 seconds.
Switch legs.
Complete 3 reps per leg.



ADVANCED LATERAL

Grip the handle with one hand and support yourself on the chair with the other hand. Lean toward the supporting hand.

Hold for 30 seconds.
Rest for 15 seconds.
Reverse hands for the other side.
Complete 3 reps per side.

As always, if you have had any recent physical problems or surgery, or if you are just beginning to exercise especially after a long absence, please consult your physician. As with any new stretching technique, it is recommended that you start slowly and gradually progress to completing 3 (three) reps.



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