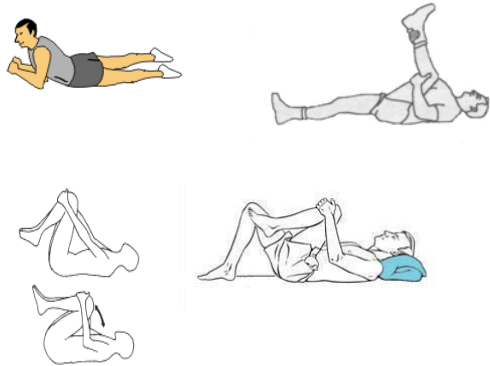


## CHIROPRACTIC · LASER THERAPY · MASSAGE · ORTHOTICS · BRACES · STOCKINGS

### Stretches



At some point in the first two to four weeks you should start a graduated stretching program designed to recover your lost mobility. Stretches should be taken to the point of moderate tension, held for a minimum of 20 seconds and repeated in sets of ten. Try to perform several sets of ten throughout the day. Exercises causing progressive worsening or spreading of pain should be stopped.

**Sloppy Push-ups:** Lie on your tummy and use your arms to gradually lift your chest off the floor. Leave the tummy down. Exhale at the top of the lift to relax the back. Control the return back to the floor with your arms.

**Knees to chest:** Lie on your back and bring your knees up one at a time. Hug your knees to the chest and exhale when the knees are all the way up. Ease the knees back by straightening your arms, after your repetitions, put your feet down one at a time.

**Hamstrings:** Lie on your back, knee bent and foot on floor. Hold your left leg behind the knee with laced fingers. Slowly straighten the left knee using your thigh muscle. Repeat on the right side.

**Hip and Buttock:** Lie on your back, pull your right knee up and across the body towards your left shoulder using your left hand. Repeat on the left side.

### DO

- Find movements and or positions that “centralize” the pain out of the leg and buttock to the back itself
- Remain as active as possible. Try to get out for a few short walks a day
- Use the exercises suggested to help maintain movement and reduce pain

### DON'T

- Remain in bed for prolonged periods. Many studies have shown that prolonged bed rest will delay recovery
- Force movements through pain or perform movements and activities

### We Provide Treatments for:

- Musculoskeletal Problems
- Back & Neck Joint Pain
- Arthritic Conditions
- Sports Injuries
- Work Place Injuries
- Motor Vehicle Accidents

### Services Provided:

- Certified Laser Therapy
- Registered Massage Therapy
- Custom / Stock Braces
- MVA Treatment Plans
- Compression Stockings
- Chiropractic

### Team Members

Deb Shaver – Clinical Director

Dr. Linda Oswell – Chiropractor

Cori Hammond-Thompson-RMT

Kelly Dixon– RMT

Kyle Tackaberry-Rodd- RMT

Julie Munday – Pedorthist, Kin.

Diane Hlodan – Certified Laser Therapist.

Natalie Baker – Kinesiologist, Certified Laser Therapist

Back 'n  
Motion Total Pain Management



Thank-you for your ongoing support