

HERTFORD / STEVENAGE CHIROPRACTIC CLINIC **BUTTOCK STRETCHES**



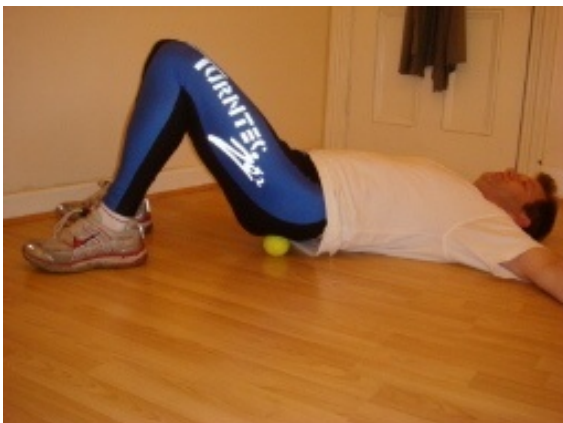
Lie on the floor and pull one knee up towards your opposite shoulder. Hold it for 20secs. and then repeat on the other side. Alternate sides, repeating 3 times each.



Sit on the front edge of a chair. Place your foot on the opposite knee. Keep downward pressure onto your knee and then pull your body forward. You will feel the stretch in the buttock region. Hold it for 20secs. then alternate sides and repeat 3 times each side.



This is similar to the previous exercise. Start by lifting your leg and place it on a counter top or desk. Put downward pressure onto your knee to keep it flat on the counter and then lean forwards to bring your head down to the counter top. Hold for 20secs. then alternate legs and repeat 3 times each side.



Lie on the floor with a tennis ball under your buttock. Move around until you can feel “the spot” hold for 20secs. Then move off and try to find another “spot”. Repeat for 3 min. In total.