

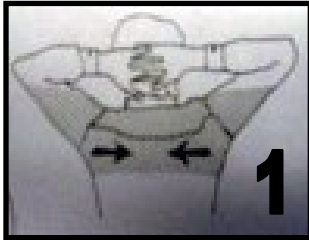
5 Stretches That Can Benefit Your Back While Traveling.

Try these 5 stretches at various times throughout your journey to help your body feel less stiff and tight.

How To Stretch – Hold each stretch for 5-10 seconds

Right Way → A relaxed, sustained stretch with your attention focused on the muscles being stretched.

Wrong Way → Bouncing up and down during the stretch or stretching to the point of pain



Stretch #1

Interlace your fingers behind your head while keeping your elbows straight out to the side with your upper body in a good aligned position. Now think of pulling your shoulder blades together to create a good stretch through the upper back and shoulder blades.



Stretch #2

Hold hands together with palms facing upward above your head as you straighten your arms. Elongate your arms toward the sky and feel the stretch through your arms and upper sides of the rib cage.

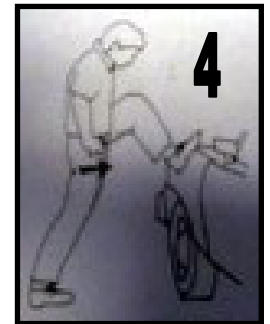


Stretch #3

Start with feet pointed straight ahead and a little more than shoulder-width apart. Bend one knee slightly and move the opposite hip downward toward that bent knee. Feel the stretch in the inner thigh.

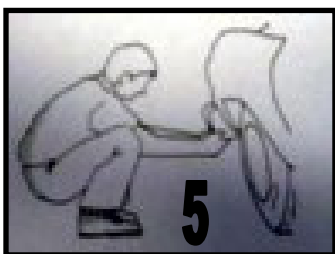
Stretch #4

Place the ball of your foot on a secure support of some kind. Keep the standing leg pointed straight ahead. Bend the knee of the raised leg as you move your hips forward. Feel the stretch in the groin, hamstrings, and front of hip.



Stretch #5

From a standing position, squat down with your feet flat, back straight, and toes pointed out at approximately 15 degree angles. Your heels should be about 4-12 inches apart. Keep your knees to the outside of your shoulders and directly above the big toes. Feel the stretch at the knees, back, ankles, Achilles tendon, and deep groin.



Why Stretch

1. Reduce muscle tension
2. Increase range of motion
3. Prevent injuries
4. Develop body awareness
5. Make strenuous activities easier

Who Should Stretch

Everyone can learn to stretch regardless of age or flexibility. Whether you sit at a desk, dig ditches, do housework, stand at an assembly line, drive a truck, or exercise regularly stretching can benefit you

Caution

If you have had any recent physical problems/surgery, particularly of the joints & muscles, or if you have been inactive/sedentary for some time, please consult your health care professional before beginning a stretching or exercise program

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