

Patient: ..... Date: .....

Provider: ..... Next Appt: .....

Special Instructions: .....

## TIP OF THE DAY.

Did you know? Ginger, sheng jiang to the Chinese is a powerful detoxifier, helps with digestion, a potent cancer fighter, prevent blood clots and can inhibit the onset of migraine headaches.  
(Consuming ginger tea daily can keep vitality going and prevent nausea)

## BACK EXERCISES

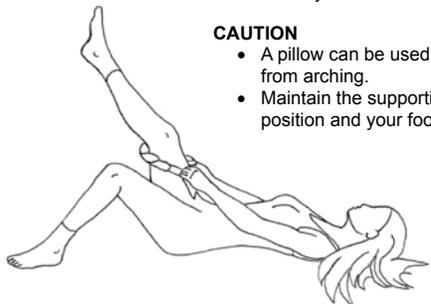
These movements are intended to stretch out and develop the strength in your back. Prior to engaging in any exercise, read all the directions. During the exercise, inhale and exhale naturally and perform it with fluid movements. If you experience pain at any time, discontinue the exercise. If the pain continues, contact your healthcare provider.

### HAMSTRING STRETCH

1. Lying on your back, keep both your knees somewhat bent. Lift your left leg as far off the floor as you can without discomfort. Wrap a towel around the back of your left knee or calf.
2. Grab both ends of the towel and, keeping your leg rather straight, gradually pull it in the direction of your chest. Be aware of the stretch in the back of the leg. Hold for \_\_\_\_\_ seconds. Return to the initial position.
3. Do \_\_\_\_\_ repetitions, switching sides, \_\_\_\_\_ times a day

### CAUTION

- A pillow can be used to prevent your neck from arching.
- Maintain the supporting leg in a bent position and your foot flat on the floor.

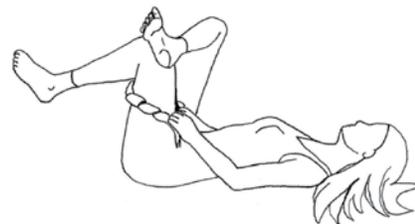


### HIP ROTATOR STRETCH

1. Lying on your back with knees bent, rest your left ankle on your right knee.
2. Wrap a towel behind the right thigh. Clutch both ends of towel. Slowly pull the right knee toward the chest. You should feel the stretch in the left buttock. Hold for \_\_\_\_\_ seconds.
3. Do \_\_\_\_\_ repetitions, switching sides, \_\_\_\_\_ times a day.

### CAUTION

- You can use a pillow to prevent neck from arching.
- Keep the back and hips flat on the floor.

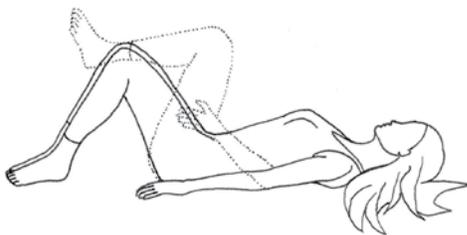


### KNEE-TO-CHEST STRETCH

1. Lying on your back with knees bent, keep your feet on the floor.
2. Clutch the back of your right thigh. Gradually pull your knee to your chest. Experience this stretch in your buttock. Make sure you keep your left foot on the floor. Hold for \_\_\_\_\_ seconds. Go back to beginning position.
3. Do \_\_\_\_\_ repetitions, switching legs, \_\_\_\_\_ times a day.

### CAUTION

- You can use a little pillow to prevent your neck from arching.



### QUADRICEPS STRETCH

1. Standing at an arm's length from the wall, look straight ahead.
2. Placing the left hand against wall, grasp right ankle with right hand. Slowly pull straight up.
3. When a stretch is felt in your right thigh, hold for \_\_\_\_\_ seconds.
4. Do \_\_\_\_\_ repetitions, switching legs, \_\_\_\_\_ times a day.

### CAUTION

- Don't arch the back.
- Don't twist the back to reach leg.



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Did you know? Astragalus restores healthy immune function, fights off infectious diseases, increases sperm production and motility, and is helpful in treating male infertility.  
(Used for more than 2,000 years to strengthen vitality and prevent illnesses)

## BACK EXERCISES

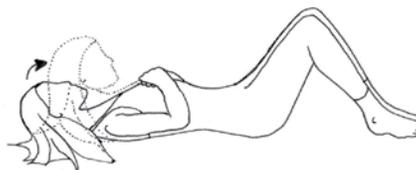


### PRONE PRESS-UP

1. Lying on stomach with feet slightly apart, rest forehead on floor. Relax stomach, back and muscles in legs.
2. Press yourself up onto forearms, keeping the neck straight. Quit when you feel light pressure in the lower back. Hold for \_\_\_\_\_ seconds. Then gradually return to lying position.
3. Do \_\_\_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

- Keep stomach and hips on floor.
- Keep chin tucked in but don't arch the neck.

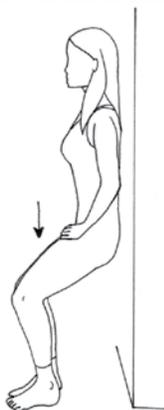


### PARTIAL CURL-UP

1. Lying on back with bent knees and feet flat on floor, cross hands on chest.
2. Pull in to constrict the muscles in stomach. Gently raise shoulder blades until they begin to leave the floor. Hold for \_\_\_\_\_ seconds, breathing as you normally would. Gradually lower yourself back to floor.
3. Do \_\_\_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

- Do not pull up with your neck.
- Keep your arms relaxed.



### WALL SLIDE

1. Stand with back and head against wall. Looking straight ahead, keep feet shoulder-width apart and at least 12 inches away from wall. Relax shoulders and squeeze muscles in stomach.
2. Gradually slide directly down until there is a stretch in the front of the thighs. Hold for \_\_\_\_\_ seconds, then slowly slide back upward.
3. Do \_\_\_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

- Don't let your buttocks descend below the knees.
- Gaze straight ahead and breathe in a normal fashion.

### THE BRIDGE

1. Lying on floor with back flat and knees bent, keep feet and palms flat on floor.
2. Draw in and squeeze the stomach muscles. Constrict your buttocks and gently lift hips from floor. Hoist the hips just high enough to make your lower back straight. Hold for \_\_\_\_\_ seconds.
3. Do \_\_\_\_\_ repetitions \_\_\_\_\_ sets a day.

### CAUTION

