








CHIROPRACTIC EXTREMITY HOME EXERCISE PROGRAM

UPPER EXTREMITY EXERCISES

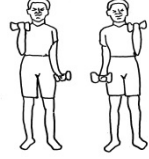

The following exercises are provided to enhance your chiropractic care by restoring range of motion of your extremities and begin strengthening to enhance function. Please be sure to perform these exercises slowly and controlled to avoid further injury. Here are some important things to remember for a successful program:

- The programs are designed to be able to progress in difficulty. First begin performing these exercises without any additional weight.
- As you are able to perform these exercises without pain and through a full range of motion, slowly begin to add small weight. You may use small dumbbells, ankle weights, or household items such as soup cans or bags of rice.
- Begin with a small amount of weight and add more slowly as you are able to.
- If you experience pain or soreness that persists for more than two hours following exercising, regress to the previous phase of exercises for a few days. Advance when pain/discomfort has subsided.
- Perform these exercises every day, 2-3 times per day.

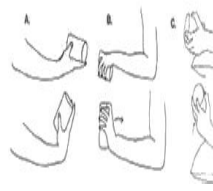
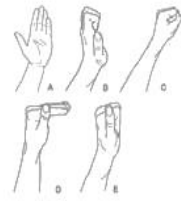
SHOULDER EXERCISES

	Stand bent over at the waist as shown. Let your arm hang. Move your arm by shifting your body weight side to side. Let your body momentum move your arm, not your arm muscles. Move your arm in different directions and in circles. Repeat 10 times. Perform on other arm.
	Start by facing a wall or closed door. Place your hand as far up the wall as you can. Take a small step towards the wall, moving your arm up higher. Hold 5 seconds at the top. Repeat 10 times. Perform on other arm.
	Face the wall with the side of your body. Place your hand as far up the wall as you can. Now take a small step to the side towards the wall, moving your arm up higher. Hold 5 seconds at the top. Repeat 10 times. Perform on other arm.
	Stand with arms at sides. Lift one arm straight in front of you as far as you can. Hold 5 seconds. Repeat 10 times. Perform on other arm.
	Stand with arms at sides. Lift one arm out to the side as far as you can in a jumping jack motion. Hold 5 seconds. Repeat 10 times. You can perform both arms at the same time.
	Start with your arm halfway between the front and side of your body with your thumb pointed down. Slowly raise your arm to about shoulder height. Hold 5 seconds. Repeat 10 times. Perform with other arm.
	Lie on your side with a towel under your elbow as shown. Lift up your forearm towards the ceiling. Hold 5 seconds. Repeat 10 times. Perform with other arm.

ELBOW EXERCISES

	Stand with arms at side. Slowly bend your elbow raising your fist towards your shoulder. Hold 5 seconds. Repeat 10 times. Perform with other arm.
	Stand and bend forwards at the waist holding onto a table for support. Begin with your elbow bent at a 90° angle. Slowly straighten your elbow. Hold 5 seconds. Repeat 10 times. Perform with other arm.

HAND & WRIST EXERCISES

	Wrist flexion (A): Start with your palm facing up. Slowly bend your wrist up. Wrist extension (B): Start with your palm facing down. Slowly bend your wrist down. Wrist radial deviation strengthening (C): Start with your wrist in the sideways position and your thumb up. Slowly bend your wrist up. Hold all exercises 5 seconds. Repeat all exercises 10 times. Perform with other wrist.
	Start with your fingers straight (A). Hook your fingers then return to starting position (B). Make full fist then return to starting position (C). Keep fingers straight and bend then return to starting position (D). Make a fist with your fingers straight then return to starting position (E). Repeat these steps 10 times. Perform with other wrist.

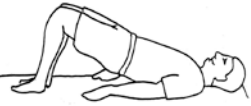



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LOWER EXTREMITY EXERCISES

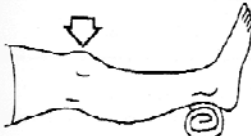





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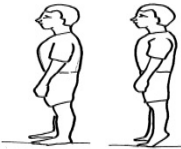
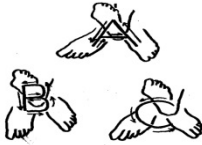

HIP EXERCISES

	Lie with both knees bent. Lift buttocks off surface. Hold 5 seconds. Repeat 10 times.
	Lie on your side with both legs slightly bent at the knee. Slowly lift your top knee up as if a clam shell is opening. Hold 5 seconds. Repeat 10 times. Perform with other leg. To advance exercise, perform with your top leg straight.
	Stand holding onto a chair or countertop if needed for balance. Slowly march one leg straight up making sure to not let your knee go out to the side. Hold 5 seconds at the top. Repeat 10 times. Perform on other leg.
	Stand with legs shoulder width apart. You may hang onto a surface if needed for balance. Slowly bend both knees and squat down. Repeat 10 times. Do not let your knees go over your toes. Squat as if you are about to sit down.

KNEE EXERCISES

	Lie on your back with legs straight. Place a rolled towel under the back of your ankle. Slowly tighten the muscles on the top of your knee and push the back of your knee downward. Hold 5 seconds. Repeat 10 times. Perform on other leg.
	Lie on your back with one leg bent as shown. Slowly lift the other leg about 6 inches keeping the knee straight. Hold 5 seconds. Repeat 10 times. Perform on other leg.
	Sit on a chair. Slowly lift one leg straight. Hold 5 seconds. Slowly lower. Repeat 10 times. Perform with other leg.
	Stand holding onto a chair or countertop if needed for balance. Slowly march one leg straight up making sure to not let your knee go out to the side. Hold 5 seconds at the top. Repeat 10 times. Perform on other leg.
	Stand holding onto a chair or countertop if needed for balance. Lift your foot back as if you were trying to kick your rear. Hold 5 seconds. Repeat 10 times. Perform on other leg. Make sure your hip and knee stay straight. Do not let your hip or knee move forwards.
	Stand with legs shoulder width apart. You may hang onto a surface if needed for balance. Slowly bend both knees and squat down. Repeat 10 times. Do not let your knees go over your toes. Squat as if you are about to sit down.

ANKLE & FOOT EXERCISES

	Stand holding onto a chair or countertop for balance. Slowly rise up onto your toes. Hold 5 seconds. Repeat 10 times.
	Move your ankle and try to make the A,B,Cs as large as you can with your ankle. To advance this exercise, perform in water or in sand for resistance. Perform on other ankle.
	Sit with your foot touching the ground. By using your toes only, pick up cotton balls or marbles and place them in a cup. Repeat 10 times. Perform on other ankle.