

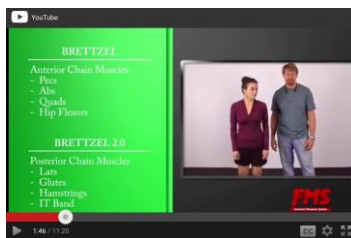
Lymington Chiropractic Clinic Exercise Sheets

The Lymington Chiropractic Clinic are always looking for excellent examples of Stretches and Rehabilitation Exercises to help improve the health and musculo-skeletal function of our patients.

We use a number of sources to help describe the exercises for our patients to understand what is expected. Apart from our own descriptions and photos, we use YouTube as it is a great source for exercises. Although we do not “own the you tube content” we believe the videos / exercises selected have good explanations and accurately portray the intended purpose of the exercise. For this reason, we are happy to point our patients towards these excellent examples.



The Brettzel Stretch Set – Gray Cook (FMS):



This is a great way to actively stretch the whole body, which follows and “unwinds” normal movement patterns that create tension across the body. We recommend that people watch the video to understand the idea behind this stretch.

This stretch takes a while to fully appreciate. It works both the front and back “chains” of tension that can affect the body – from the tip of the foot to the hand.

By carefully following the instructions on this video you can feel where it is tight as you tackle each stage of the stretch. Spend some time at each stage and ease the tension accordingly.

Do both stretches and left and right – to retain a good flexible symmetry in the body.

<http://www.youtube.com/watch?v=SfGV-65GaPg>

Both 1 & 2 (ant/post) - Gray Cook (FMS).

PLEASE NOTE: Any videos, or links to videos posted on YouTube, are suggested by Lymington Chiropractic to enable our patients to see how the exercises in our fact sheets should be performed. Please note that we do not own this content, nor do we take any responsibility for injuries sustained through following these videos. We recommend that any rehabilitation exercise is only undertaken after a full consultation with our clinic



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