

Low Back Protocol - Discover Chiropractic

Wall Stand– stand with feet 36 inches away from the wall. Bend over, keeping back flat & arms straight. Squeeze thighs tight. Ankle, knee's, & hips in alignment

1 minute

Sitting Floor– sit with back against the wall, legs out straight, toes pointed up at 12:00. Relax shoulders, palms face up, resting on legs. Contract legs.

3 minutes

Static Back– legs on block at 90 degrees & hips at 90 degrees. Arms out below shoulders, palms up. 20 squeezes with pillow

5 minutes

Supine Groin Stretch– 1 leg positioned at 90 degrees, other leg positioned straight out, with toes pointing to ceiling. Contract quad on the straight leg, keeping both toes pointed toward the ceiling.

10 minutes on each side until leg drops to the floor

Knee Squeeze– arms over head

30 times