



DIVE CHIROPRACTIC CENTRES

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EXERCISE PROGRAM

Your initial examination and x-rays indicate certain areas of weakness in the muscles and ligaments which attach to and surround the spine. The ligaments, discs, and muscles make up the supportive structure for the spine. These weaknesses must be corrected before we can expect the vertebrae to stay in normal alignment.

This exercise program is designed as an integral part of your corrective chiropractic program. To achieve maximum results, three things must happen:

1. The chiropractor must locate and correct the misaligned vertebrae, thereby removing interference to your nervous system.
2. You must do your exercises on a daily basis, thus generating increasing permanence of your adjustments.
3. Sufficient time must be allowed for your body to repair or replace unhealthy or damaged tissue.

An exercise program such as this is designed to facilitate the following:

1. INCREASE MUSCLE STRENGTH

There are about 150 pairs of muscles in your back. Muscles help hold the vertebrae in normal position and they move the vertebrae through a range of motion. Weakness of muscles in certain areas may result in vertebrae "slipping" out of normal position, resulting in an altered range of motion. In this case an increase in muscle strength would be necessary to hold the vertebrae in normal position after the adjustment is given.

2. TO RESTORE AND MAINTAIN THE NORMAL SPINAL CURVES

The side view of the normal spine reveals normal curves. The spinal curves increase the leverage and mechanical advantage of the spine, therefore greatly increasing its strength. A spine with normal curves is 16 to 18 times stronger than one that has lost its curves. The loss of the normal curves in the spine will greatly increase the possibility of spinal injury due to the loss of strength in the affected area. Restoration and maintenance of normal spinal curves is essential if vertebrae are to remain in normal alignment.

3. TO RESTORE AND MAINTAIN NORMAL SPINAL MOTION

Vertebrae are moved through a range of motion by muscles. Loss of muscle strength may result in abnormal motion, just as loss of normal curves in the spine will result in abnormal motion and increased resistance to motion. Abnormal ranges of motion may result in vertebrae "slipping" from normal position, so if the adjustments are to hold, the range of motion must be normal.

4. TO PROMOTE NORMAL, METABOLIC ACTION OF DISCS AND LIGAMENTS

Intervertebral discs and ligaments, which are made up of tiny tissue cells, must take on nutrition and expel waste products. These processes, known as osmosis and imbibition are greatly enhanced by motion. A reduction of normal motion plus the added stress factors of misaligned vertebrae can result in weakening of ligaments and thinning of intervertebral discs. Improvement must be made in the discs and ligaments if spinal adjustments are to be expected to hold.

5. TO PREPARE THE SPINE FOR HEALTHY RESTFUL SLEEP

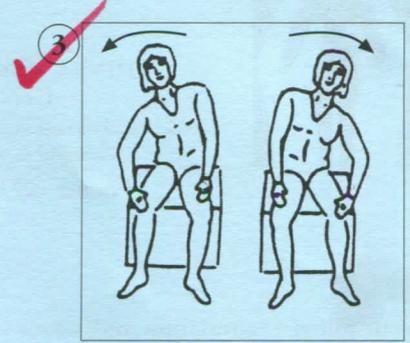
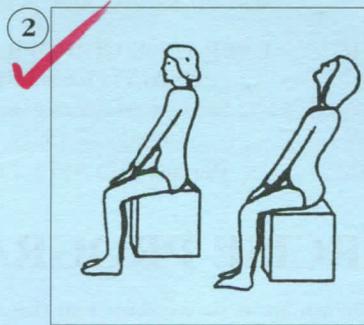
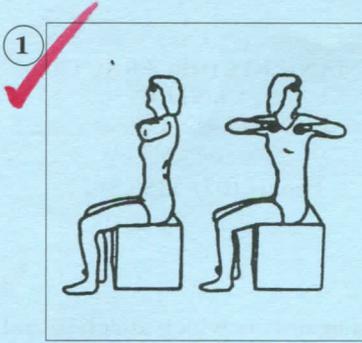
Exercises just prior to sleep allow the centre of the discs to assume their fluid state. In this state, the spine is best able to be properly "molded" with the use of the spinal supports. When the disc centres settle into their "gelled" state, after 20 minutes of no motion, the spinal muscles are able to relax and the entire body is prepared for restful, productive sleep.

6. TO CONTROL PAIN AND SYMPTOMS

The pain and symptoms associated with the misalignment of spinal vertebrae can be controlled in most cases with proper application of your specific spinal exercises. At times when you cannot see your Doctor of Chiropractic immediately, the exercises may be very helpful to relieve symptoms.

IMPORTANT: Do only the exercises as recommended by your Doctor of Chiropractic. Doing exercises incorrectly or the wrong exercises, may result in adverse reactions.

YOUR BASIC DAILY SPINAL PROGRAM



1. ROTATION EXERCISE

Promotes normal metabolic action of intervertebral discs and ligaments.

1. While sitting, arch the lower back and raise chin. Raise arms to shoulder level with elbows out to side.
2. Twist your entire spine leading with your head both ways. Initially, start exercises slowly. If you feel any dizziness stop, continue the following day and advise us.
3. Repeat this motion 25 times each side (ie. 50 turns).

IMPORTANT: Repeat 25 times preceding sleep and rest on spinal supports for 20 minutes. (see next page)

2. FLEXION-EXTENSION EXERCISE

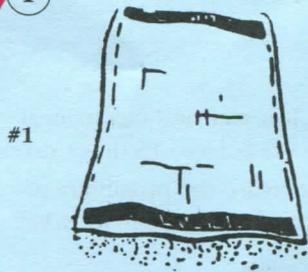
1. Sit down and place both hands on knees.
2. Arch back, lift chin. Apply resistance with arms.
3. Repeat 5 times.

3. LATERAL BENDING EXERCISE

1. Sit down and place hands on knees.
2. Bend fully to one side first, then the other.
3. Repeat 5 times.

Comments:

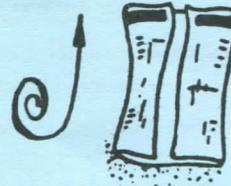
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#1



#2



#3

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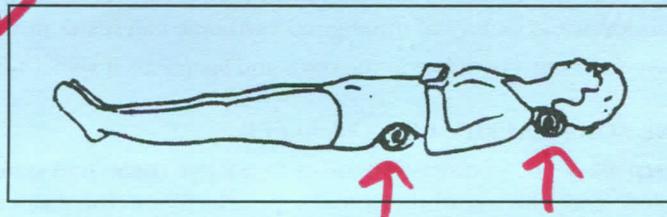
4. TOWEL ROLLS

These are made from a regular size bath towel approximately 24 x 45 inches.

1. Fold down middle.
2. Fold again into thirds with 1/2 to 1 inch space in the middle.
3. Roll firmly, then use 2 rubber bands to hold in place.

These rolls are used for the neck and the lower back. They are used in conjunction with the twisting exercise.

NOTE: The directions for the use of all of these spinal supports will be explained.



5. LYING ON SPINAL SUPPORTS

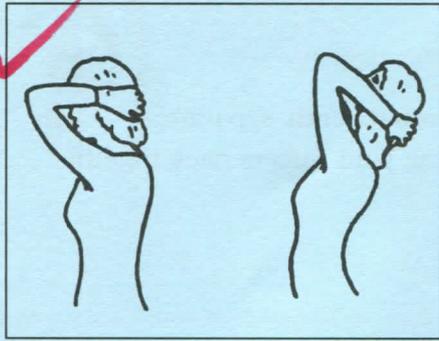
Promotes restoration and/or maintenance of spinal curves, and prepares the spine for restful sleep.

1. While lying on back, raise head and pull neck towel down to shoulders and let head and neck relax across to floor. Ensure back of head maintains contact with the floor, where possible, with head arched slightly backwards.
2. The lower back towel is placed under the lower back curve, just low enough to reach the top of the hip bone.
3. For those unable to lie on the floor due to pain, age etc., this can be done on the bed. Do not use pillows.

1. NECK TOWEL 5-20 MINS. 2 TIMES A DAY

2. LOWER BACK TOWEL 5-20 MINS. 2 TIMES A DAY

YOUR SPECIFIC DAILY EXERCISE PROGRAM

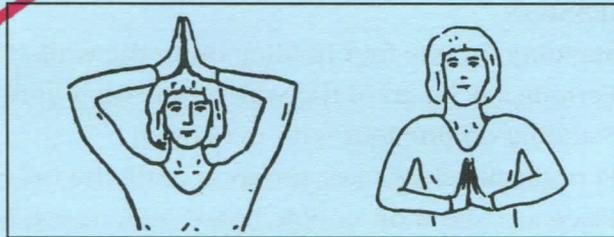


1. CERVICAL EXTENSION EXERCISE

To strengthen back of neck and upperback muscles to restore and/or maintain the normal, cervical curve.

1. Start with chin in neutral position (not up or down).
2. Clasp both hands on back of head.
3. Keep elbows together, apply resistance with hands as you raise chin as far as it will go and arch your whole spine.
4. Apply resistance back to neutral position.

REPEAT 5 TIMES 2 TIMES A DAY

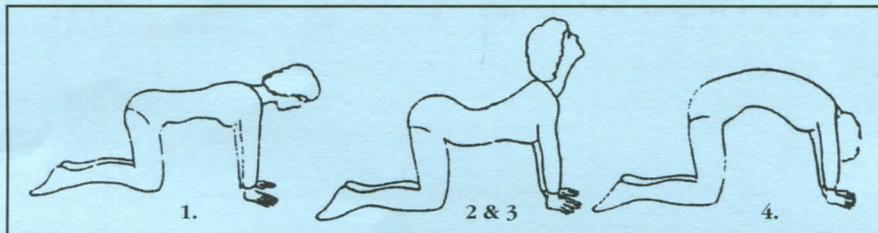


4. CERVICAL - DORSAL EXERCISE

To stretch the neck and upper back.

1. Take a full deep breath, lift the chin up and raise hands over head with the palms together.
2. Press palms together while pulling hands down in front of chest. Relax and exhale.
3. Take another deep breath and hold it while pushing hands together as hard as possible.
4. Lift the chin and roll the shoulders forward. Hold this position for a count of eight, then relax and exhale fully.

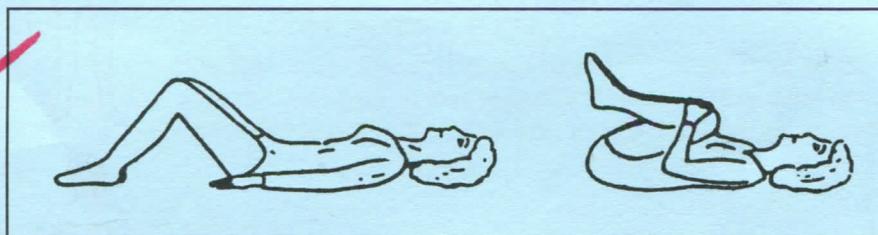
REPEAT 5 TIMES 2 TIMES A DAY



7. LUMBO - SACRAL EXERCISE

1. Start from hands and knees position.
2. Arch the back and hips downward and at the same time lift, your chin and chest as high as possible.
3. Hold this position for a count of eight.
4. Now reverse this process lifting the back and hips up as far as possible and forcing chin and chest downward, and hold for a count of eight.

REPEAT 5 TIMES 2 TIMES A DAY



8. LYING ON YOUR BACK

Lying on your back, bring your knees up to the chest as near as possible, grasping the knees and pulling them up towards your chest, holding for a count of eight.

REPEAT 5 TIMES 2 TIMES A DAY

1. DIAPHRAMATIC BREATHING

1. Interlace your fingers on your stomach
2. Take a deep breath in letting just your stomach raise your fingers should gently separate.
3. Let your stomach breath out just your stomach should lower bringing your fingers back together.
4. Repeat 25 times.

2. BALANCE

1. Standing on one foot alternating feet every 30 seconds.



1. PROGRESSION

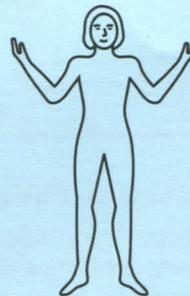
- Level 1a. Standing on one foot holding on to the wall.
1b. Periodically let go of the wall progressing until the full 30s. Can be unsupported.
- Level 2a. Standing on one foot with eyes open
2b. Periodically close eyes, progress until the full 30s can maintain eyes closed
- Level 3a. Place a cushion or wobble board underneath foot.
3b. Periodically close eyes until the full 30s can maintain eyes closed.

1. SHOULDER STABILITY Y W T t

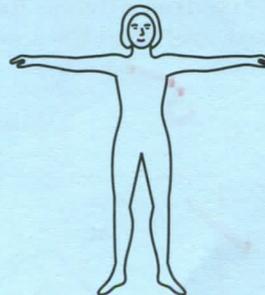
1. Standing with back flat against the wall with feet 30cm away from the wall with your thumbs up place your arms in the shape of a "y" squeeze shoulders hold for 3-10s blades together.



2. Then place your arm in teh shape of a "w" squeeze your shoulder blades together. Hold for 3-10s.



3. Then place your arms in the shape of a "T" squeeze your shoulder blades together. Hold for 3-10s.



4. Then place your arms in the shape of a "t" squeeze your shoulder blades together. Hold for 3-10s

