

12 Gentle Stretching Exercises to Relieve Back and Neck Pain



In addition to in-office chiropractic care, there are small adjustments you can make to your everyday life to reduce pain, feel better, and stay active.

These 12 gentle stretching exercises are a safe and effective technique for relieving back and neck pain at home in between chiropractic appointments.

When you have been sitting or standing in one position for a while, stretching will help improve circulation and reduce pain.

Most importantly, when you stretch your muscles you are keeping your body moving and mobile, which is important to your overall health and wellbeing.

Add these stretching exercises to your routine to help you feel your best everyday.



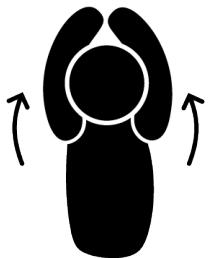
1. Neck Flexion/Extension Stretch

Tilt your head forward, bringing your chin toward your chest, and then return to your starting position.



2. Neck Lateral Flexion Stretch

Draw your right ear toward your right shoulder, then slowly return to your starting position. Repeat on the left side.



3. Latissimus Dorsi and Posterior Deltoid Stretch

Lift your arms towards the ceiling, clasp your hands, and pull your elbows together.



4. Tricep Stretch

Extend your right arm toward the ceiling, then bend at the elbow to bring your palm toward the center of your back, resting your middle finger along your spine. Use your left hand to gently push your elbow in toward the center and down. Repeat on your left side.





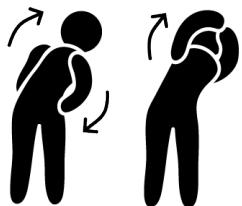
5. Supraspinatus Stretch

Place your right hand on your left shoulder keeping your elbow parallel to the ground. Use your left hand to gently pull your elbow in towards your shoulder. Repeat with your left arm.



6. Thoracic Extension Stretch

Rest on your knees then lean forward placing your hands on the floor and extending them all the way forward. Push your chest toward the floor, arch your back, and keep your hips behind your knees.



7. Lateral Flexion Stretch

Stand with your feet shoulder width apart and raise your hands above your head. Slowly lean to the right, bending at the hip. Repeat, leaning to the left. Alternately, keep your arms at your side and place your right hand on your right hip as you bend to the right, and your left hand on your left hip as you bend to the left.



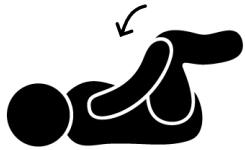
8. Lumbar Extension and Abdominal Stretch

Lay flat on your stomach. Place your hands at your shoulders and push your chest away from the floor.



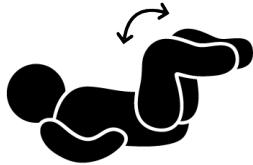
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9. Lumbar Flexion Stretch



Lie on your back and bring both knees toward your chest. Use your hands to gently pull your knees further toward your chest.

10. Lumbar Rotation Stretch



Lie on your back and bring both knees toward your chest. Then, slowly rotate legs to the right while pulling in your stomach muscles. Repeat, rotating toward the left.



11. Gluteal and Lumbar Rotation Stretch

Sit on the floor with your legs extended in front of you. Bend your right leg at the knee and place your right foot over your left leg. Twist to look backwards over your right shoulder. Repeat on your left side.



12. Hip Flexor Stretch

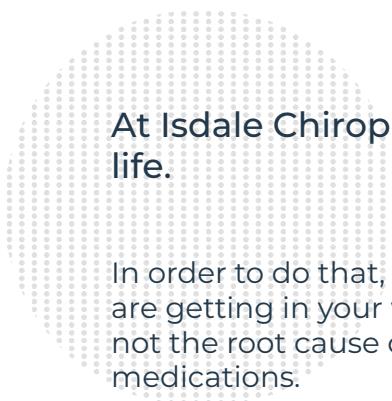
From a standing position, take a big step forward with your right foot. Bend your right knee and place your weight on that front leg. Slowly lower yourself into a lunge until your left knee hovers just above the floor. Step back into standing position and repeat with the left leg forward.



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Find relief. Get back to living.

Chiropractic care is a safe, natural, and effective way to reduce pain and improve your overall health.



At Isdale Chiropractic we know that you want to live a healthy, active life.

In order to do that, you need an effective way to relieve the aches and pains that are getting in your way. The problem is most approaches only treat your systems, not the root cause of your pain, leaving you in a frustrating cycle of relying on pain medications.

We know that the body is designed to heal itself. With safe and effective chiropractic care, you can get rid of pain and feel better naturally.

We understand that you're tired of "quick fixes" that don't last, which is why we create a custom treatment plan for every patient designed for lasting relief. We combine in-office care with at-home lifestyle adjustments to help you heal and stay healthy long-term.

Here's how we do it:

The first step is to schedule an appointment, which you can do directly on our website. During your first appointment, we'll conduct a consult, examination and any necessary x-rays to determine what's wrong and create a treatment plan to help you recover and reduce pain. We'll answer your top questions, including: How are you going to help me recover? How much will this cost? And, how long will it take?

The second step is to follow your treatment plan. Staying consistent is the key to seeing great results. Your treatment plan will be designed to address your specific needs and will include in-office treatment as well as changes you can make in your everyday life to support your recovery.

The third step is, simply, to enjoy an active and healthy life.

Schedule your first appointment today. We have a simple plan for finding relief so you can get rid of pain, reduce your need for prescription pain medication, and get back to enjoying your life to the fullest.

[SCHEDULE AN APPOINTMENT](#)