



# Chiropractic Performance and Sports Therapy Centre

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Client :  
ID :

THR :

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## Cat Arch

On floor on hands and knees.  
Let head relax down, suck stomach muscles in toward the spine and arch spine up to the ceiling like an 'angry cat'.

Sets:	
Reps:	
Weight:	
Hold:	30sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Double Knee to Chest

Lying on back knees slightly bent.  
Hug both knees up to chest to feel stretch in the buttocks.

Sets:	
Reps:	
Weight:	
Hold:	30sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Standing Hamstrings / Hip Hinge

Standing, bend forward, hinging at the hips. Fold arms overhead and hang, directing the buttocks up toward the ceiling. Hold and breath, feeling a release in the back of the legs.

Sets:	
Reps:	
Weight:	
Hold:	30sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Lumbar Extension - Standing

Standing tall, support upper body by placing hands on back of pelvis.  
Squeeze buttocks and slowly arch backwards.

Sets:	
Reps:	
Weight:	
Hold:	30sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Lumbar Extension Full

Lying on stomach with hands on floor at shoulder level.  
Slowly push upper body up off floor keeping pelvis in contact with floor.  
Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	
Weight:	
Hold:	30sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



## Adductors - Standing Side Lunge

Standing, toes pointed forward, step out sideways into a side lunge position.  
Bend upper body forwards, keeping back flat and stabilizing upper body with hands on floor or by holding a chair.  
Shift weight from side to side, holding each way, to feel a stretch in the inner thigh and groin area.

Sets:	
Reps:	
Weight:	
Hold:	30sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31