

11-7p. Monday  
8:30 - 12:00, Thu

3-6p.

Fri

John  
Tave

### **EXERCISES PREPARED FOR MR C WOODGATE**

These exercises should be done once a day first thing in the morning as directed by your Chiropractor.

- **KNEE TO CHEST**

Lying on your back:

- a) Bring the left knee up to your chest.
  - b) Bring the right knee up to your chest.
  - c) Bring the left knee to your right shoulder.
  - d) Bring your right knee up to your left shoulder.
- Hold each position for 10 seconds and repeat 5 times.

- **PELVIC TILT**

Lying on your back, knees bent, squeeze your low back onto the floor.  
Hold for 10 seconds and repeat 5 times.

- **CAT**

On your hands and knees, make a hump with your back and hold for 10 seconds. Then make a dip with your back and hold for 10 seconds. Repeat each position 3 times.

- **BACK MUSCLE STRENGTH**

Lying on your front:

- (a) Raise one leg up straight and hold for 5 seconds. Repeat 3 times using alternate legs.
- (b) Raise head and shoulders, hold for 5 seconds. Repeat 3 times.

- **HALF SIT-UP**

Lying on your back with your knees bent, raise the head and shoulders to approx. 15cm from the floor. Hold for 5 seconds and repeat 5 times.

- **HIP RAISE**

Lying on your back with the knees bent, raise the hips off the floor and squeeze the muscles of the hips and buttocks. Hold the position for five seconds and repeat 3 times.

- **LEG RAISES**

Lying on your back with knees bent, extend one leg out straight and raise 6 inches from the floor. Hold for 5 seconds and repeat 3 times for each leg.

- **LOWER ABDOMINAL EXERCISE**

Lying on your back with the knees bent with the hands on your thighs, place a small pillow in the small of your back. Push against the thighs with the hands while at the same time resisting with the thigh. Hold for 5 seconds and repeat 5 times.

If any of these exercises cause pain, stop immediately and consult your Chiropractor.