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# Be Your own Chiropractor.

- Unassisted chiro manipulations, to reduce pain and avoid problems in future
- Easing spinal blocks
- Help with shoulder arthrosis
- Alignment of posture, balancing pelvic girdle

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## An Introduction

The most irritating problem with chiropractors is the fact that we can not carry one with us. Back pain can strike you at any moment, at 3am, at the top of Mount Everest and so on. The second biggest problem with chiropractors is, of course, the price...

This is the first reason this eBook was created: it provides a list of exercises one can perform to ease (or remove completely) the back pain. These exercises are considered safe, though you should consult an expert, especially if you have particular health problems. Yet, they are safe.

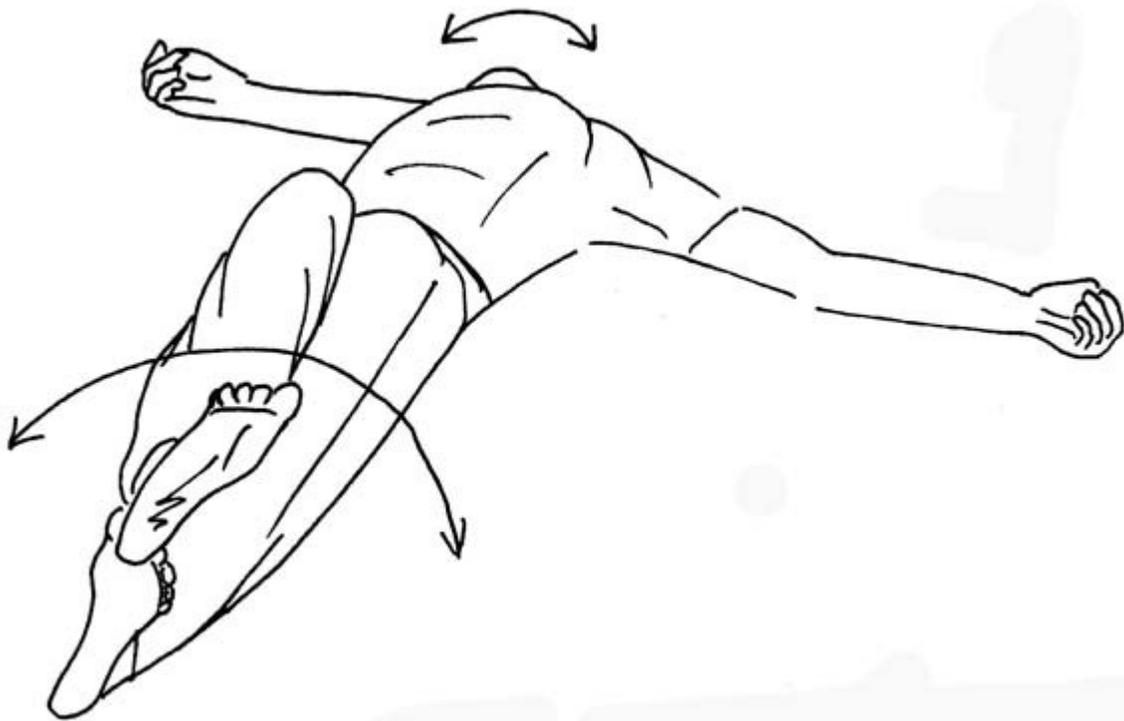
The second reason this eBook was created, see these same exercises, when done on the regular basis, will streighten your back muscules, allowing them to better support your spine. It means that you will have less episodes of accute back pain, at some point, your back will likely stop hurting completely.

All exercises should be performed on a relaxed way, and if something causes sharp pain: stop. Stretch as far as you comfortably can, sooner or later, your ligaments will adapt and you will be able to do the routine "right". But at the beginning, just go as far as you can.

## Exercise 1.

Initial position: lying on your back on a floor (it is a good idea to get some kind of a yoga mat).

Put your right heel on your left foot, so that Achilles tendon gets between the big toe and the "pointing" toe of your left foot.



Slowly, turn your feet to the right, while turning your head to the left. Do the exercise in a relaxed way (using gravity, not muscles) at a natural slow pace. Then change directions, head turns right, feet turn left.

If, during this exercise, you feel some sort of a discomfort, do not push through; instead, stop at that amplitude level.

On the other hand, if you are comfortable, increase the amplitude, up to the point when the opposite buttock is getting up from the floor.

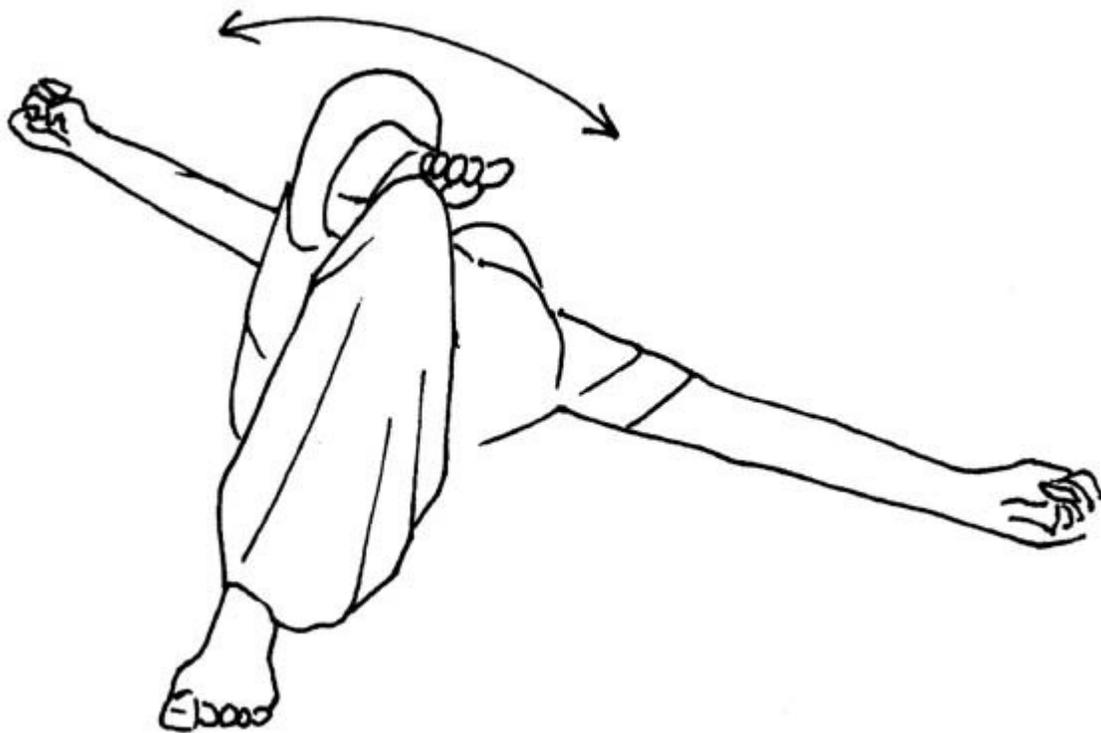
Change your legs (not left foot on top) and repeat the exercise.

## **Exercise 2**

This technic can be used both for stretching and for "cracking", but there is realli little to no difference. A loud "crack" is an indication of movement, but vertebrae can move without sounds as well.

Initial position: lying on your back on a floor. Bend your knees, put the right foot on the left knee. Slowly, move your legs to the left, while turning the head to the right.

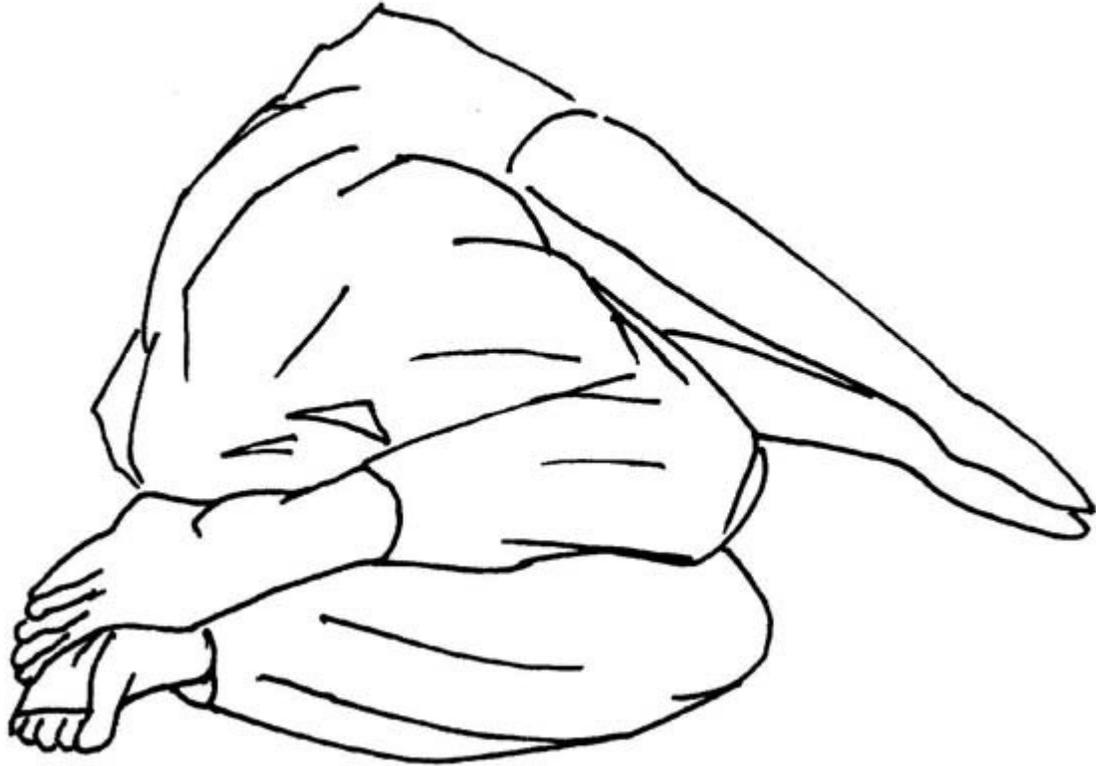
It is very important to avoid overpushing: this is a relaxation exercise. Let the gravity do the job.



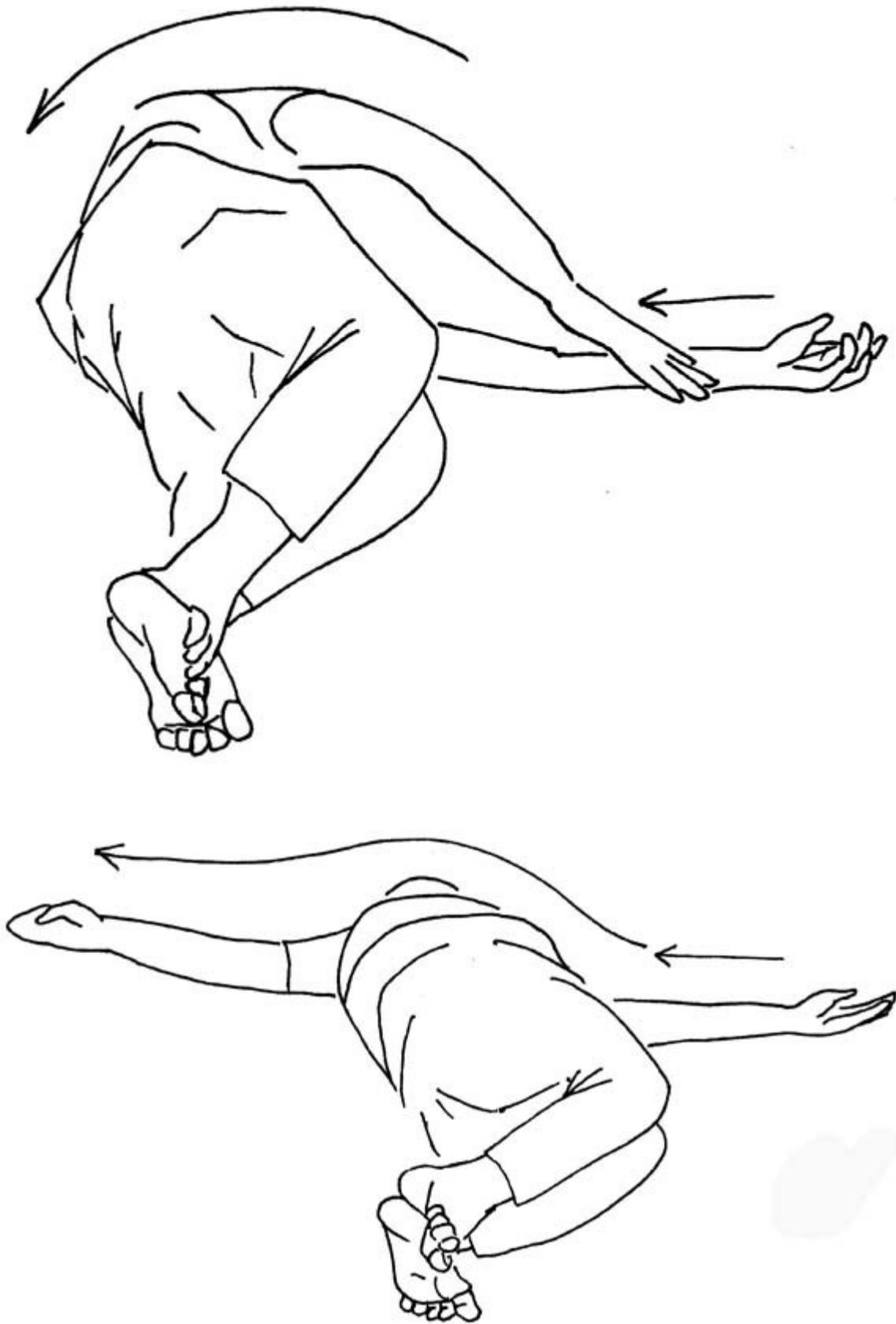
In this exercise, same as in the first one, the idea is to be comfortable. If you are ok with the current amplitude, you can increase it.

### **Exercise 3.**

Initial position: on your left side. Bend your knees and put your right palm on the left one.



Slowly, with extended exhaling, turn to the right side. Right palm should slide by left hand and then by the chest. Only chest rotates, knees remain on the floor where they initially were.



Head should turn to the right, simultaneously with the right palm sliding. Keep your left knee close to the right one.

Then return to initial position, doing the exercise in a reversed order. Repeat few times.

### **Exercise 4.**

Initial position: on your left side, left leg straight, right leg is bent in the knee joint. Grab your right knee with the left hand. Pull the right knee towards the floor, and turn head to the right.

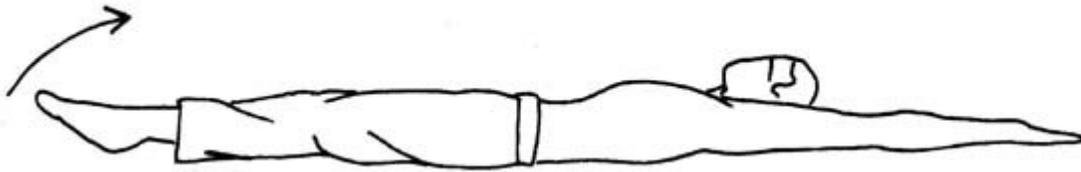
In the same time, move your right hand behind your back, looking for the most tense position. After that position is found, put (or at least try to put) the right hand on the floor.



Ideally, you should be able to put your right hand AND your right shoulder blade on the floor. If you are not flexible enough, let the hand hung in the air, being held by stretched ligaments but not by tense muscles.

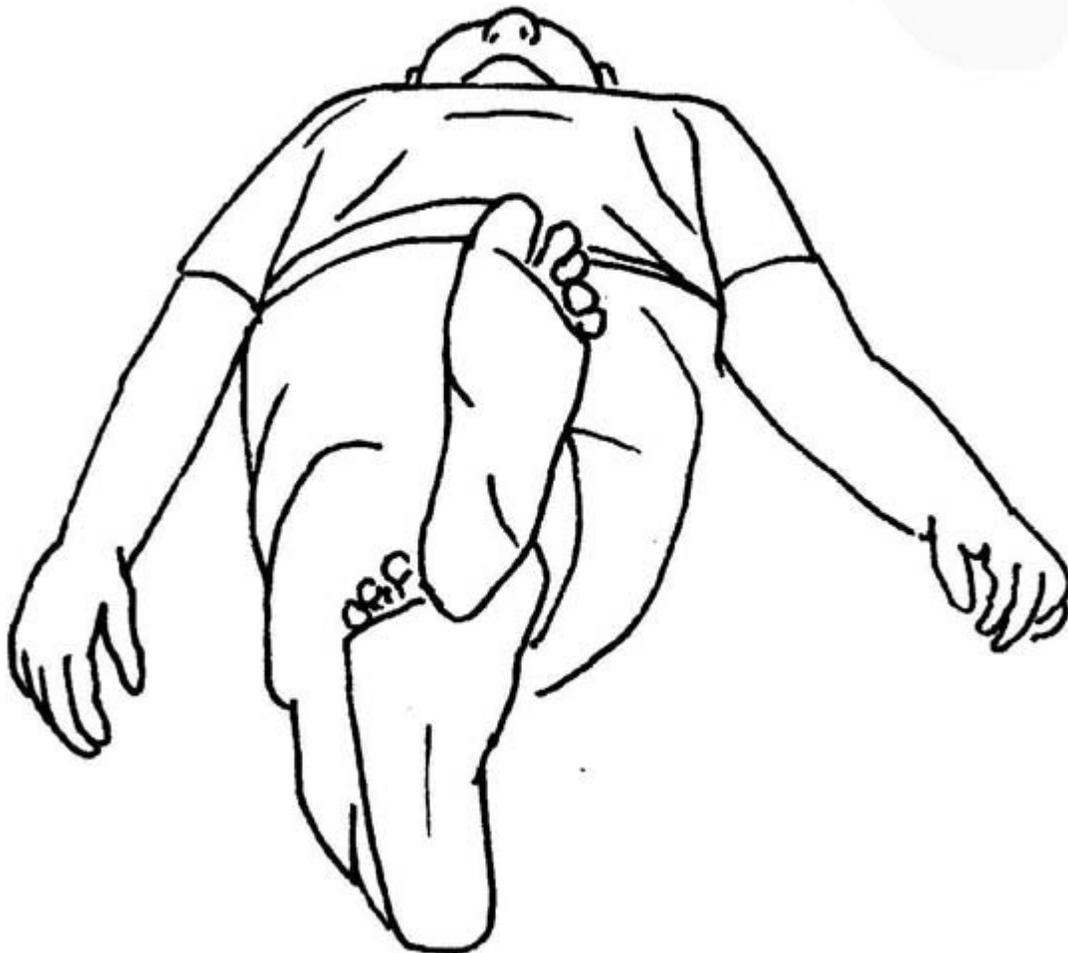
### **Exercise 5.**

Initial position: flat on your back, hands up. Stretch your feet, so they make a straight line with shins.



Then pull toes towards your shins (just once, as a way of getting to a proper position).

left heel between right thigh toe and "pointing" toe. We already did this exercise in (1), but this time we do not stretch but rather oscillate like a pendulum, tilting feet right - left - right...



Make sure that, even at highest amplitude, buttocks can lift up from the floor, but shoulders remain firmly on the floor.

## **Exercise 6.**

Initial position: lying on your back.

Pull the right leg forward, parallel to the floor. Move your left leg for an ankle to puse on the outer side of right knee. Use your right elbow to provide an additional support for the left (bent) leg and twist to the left.



As always, do the same exercise in the opposite direction.

### **Exercise 7: getting up.**

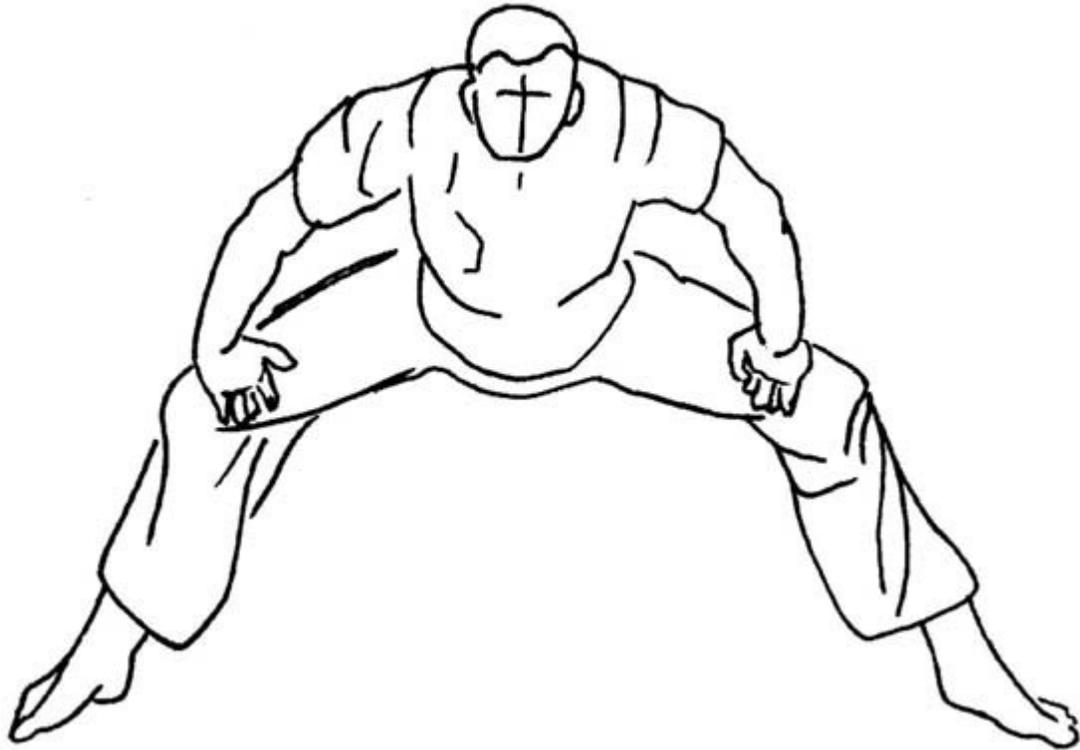
Getting up is a technic, too, as you need to do it with maximum support and minimum jerking. Get up from the floor SLOWLY. Especially if you are a beginner. You are not Jackie Chan, do not jump. First, turn to the side and then get up to a sitting position, pushing with your hand against the ground:



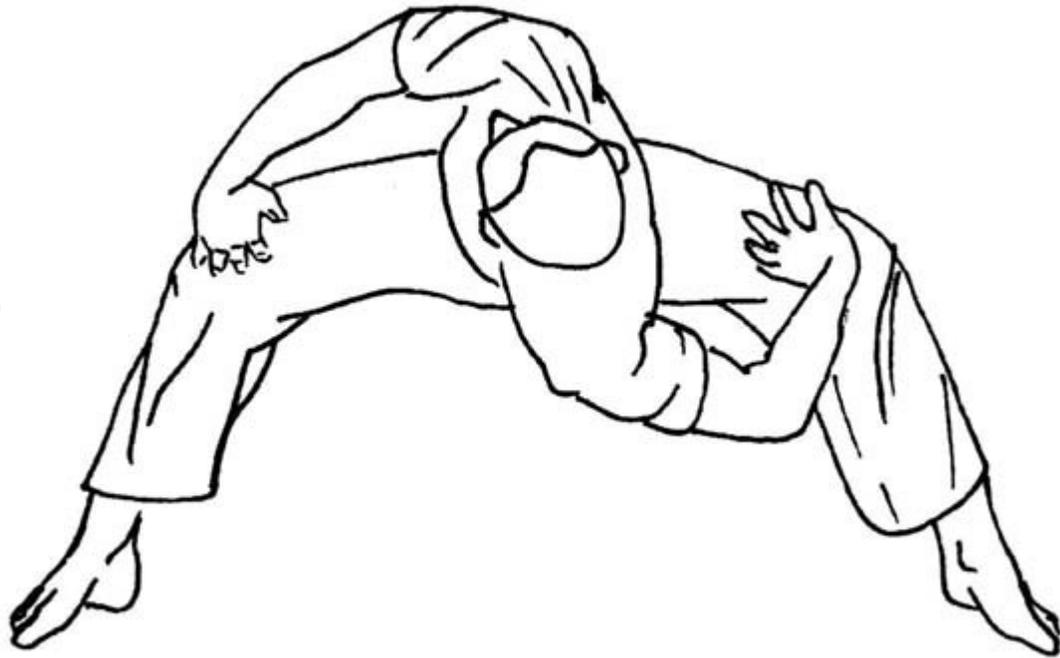
## Exercise 8.

Initial position: standing, feet wide apart, pointing 45 degrees to the sides (and 90 degrees to each other).

Bend forward and use your hands to push your thighs apart. Try to make elbows straight.



Then move the left shoulder inside, while right shoulder moves back and up. Turn your head to the right. Try, using the pressure against the thighs, straighten your elbows and to push thighs even wider.



Repeat few times.

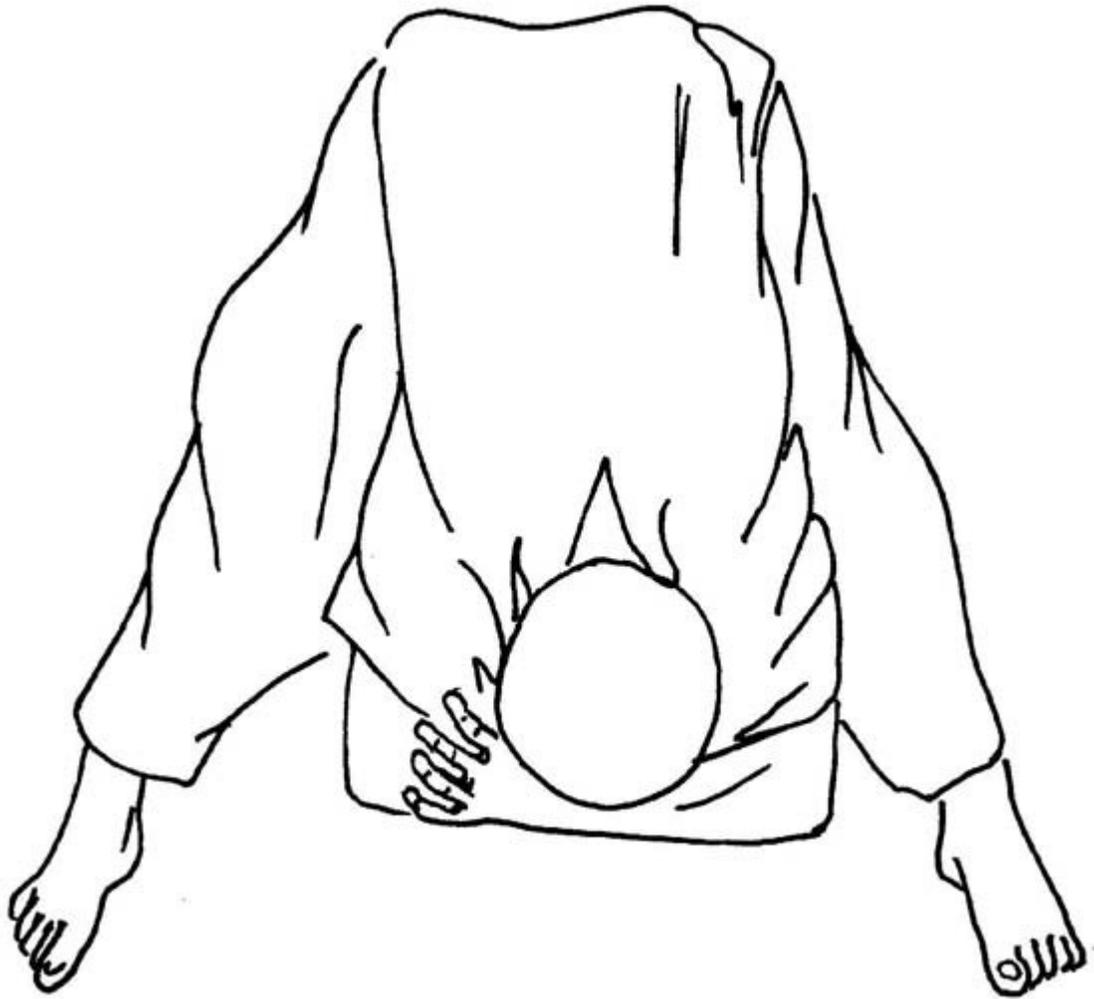
This exercise helps fixing small blocks, so it is possible it will produce multiple "cracks" in your back, shoulders and collarbone - there is nothing to be afraid of.

## **Exercise 9.**

Feet parallel, wide apart. Bend forward, trying to make your back parallel to the ground, and extend your hands forward.



Then relax your torso and drop your hands down.



## **Conclusions.**

Exercises described in this eBook are not very challenging, yet they use body mechanics in a way that helps fixing existing back problems and fortifies your back against future problems. As any exercises, it has to be done on a regular basis. Yet, in case of an emergency you can use them to ease the pain - if the problem already occurred.

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