01

RAINBOW Chiropractic

SIDE LYING UPPER BODY STRETCH



STEP 1

Lie down comfortably on your side with your knees bent and hips and legs stacked. Bring your hands to rest behind your head and elbows on either side of your ears.

If you feel any pain or discomfort while doing these exercises, or have any questions, please contact your healthcare provider. Always listen to your body and ask for help if you need it.

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STEP 2

Take a deep breath in and gently open up your elbows as you twist your upper back and body as far open as it is comfortable to go.

If you feel any pain or discomfort while doing these exercises, or have any questions, please contact your healthcare provider. Always listen to your body and ask for help if you need it.

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STEP 3

Keep on opening up your elbows and back. Your back may now be flat on the ground but only go as far is comfortable for you.

If you feel any pain or discomfort while doing these exercises, or have any questions, please contact your healthcare provider. Always listen to your body and ask for help if you need it.

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STEP 4

Now you have gone as far open as is comfortable take 3 deep breaths in and out here. Slowly on your last exhale close your elbows and upper back into side lying position again so everything is stacked on top of each other.

Repeat this exercise 3 times or as many as you feel comfortable doing.

If you feel any pain or discomfort while doing these exercises, or have any questions, please contact your healthcare provider. Always listen to your body and ask for help if you need it.