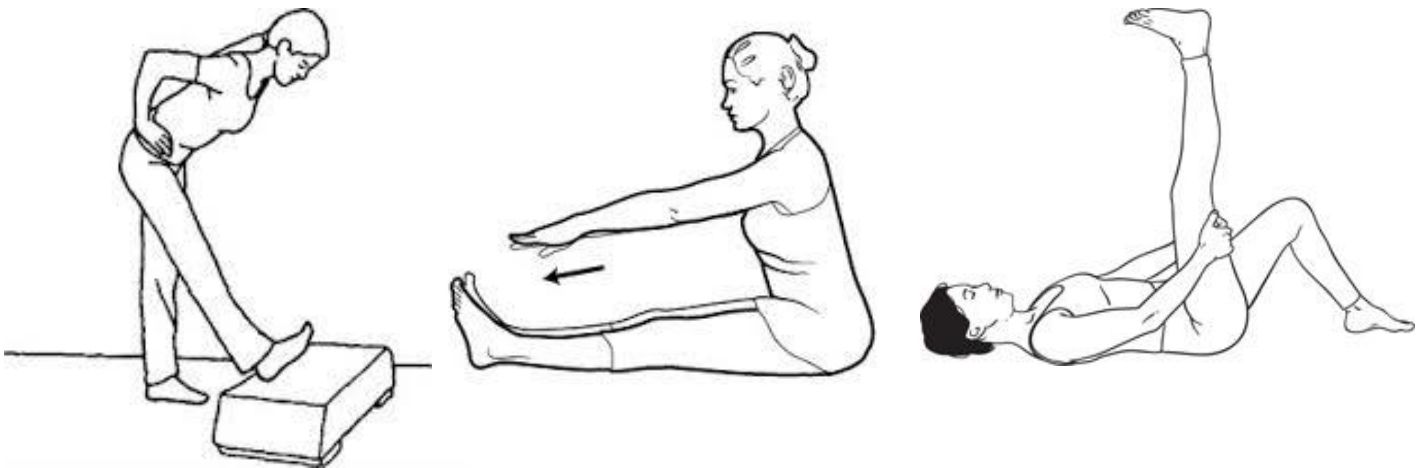




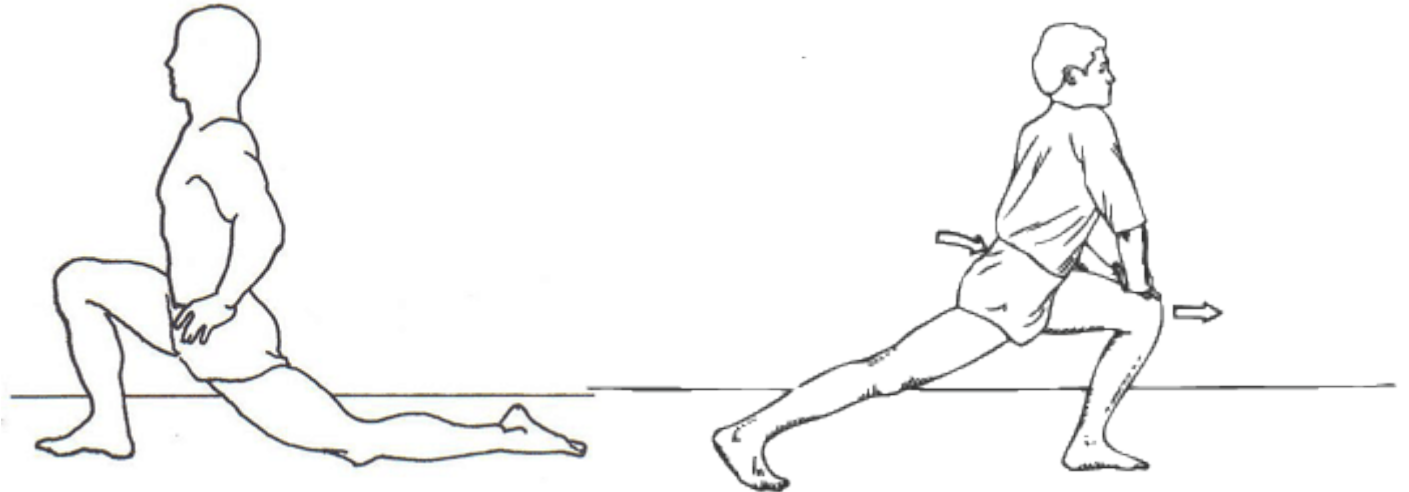
CHADSTONE R E G I O N O S T E O P A T H Y

Common Stretches

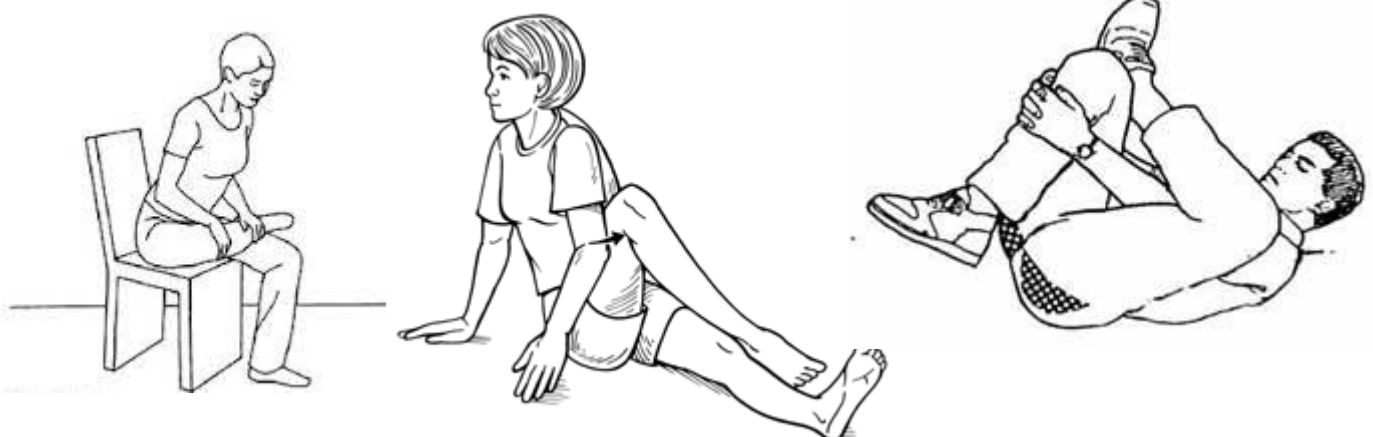
1) **Hamstrings:** Standing, sitting, or lying.



2) **Hip flexors:** Standing



3) **Glutes:** sitting or lying.



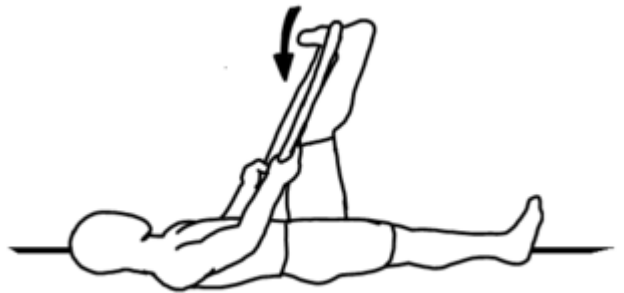
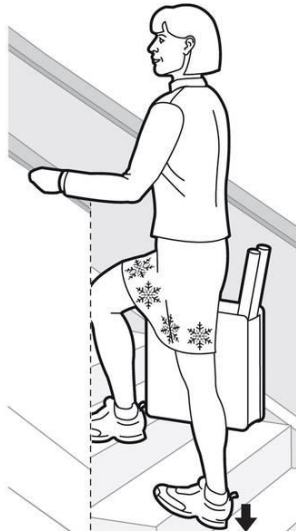
(Glutes cont.)



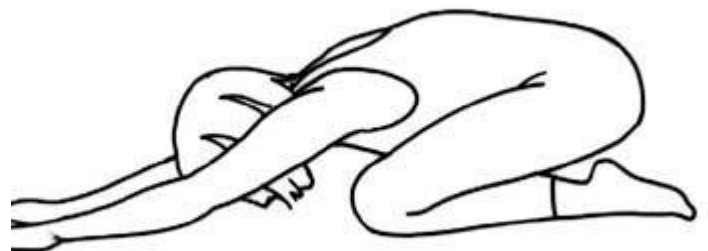
4) **Adductors:** standing, sitting



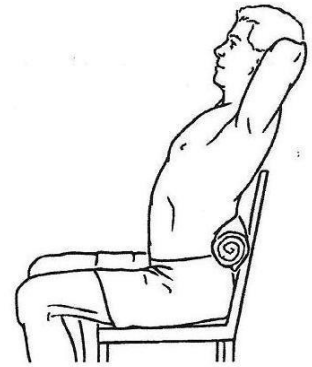
5) **Calf:** standing, lying



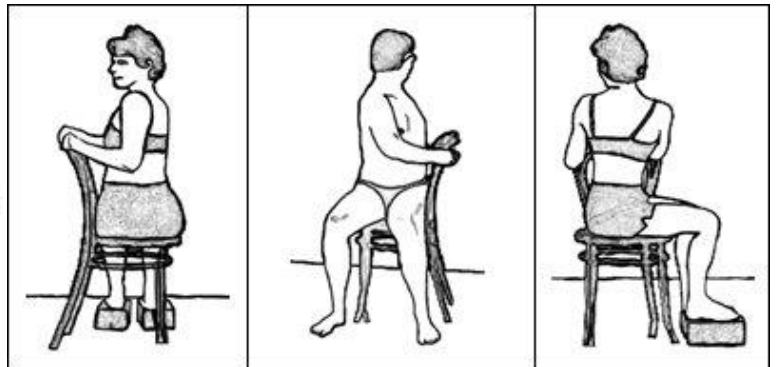
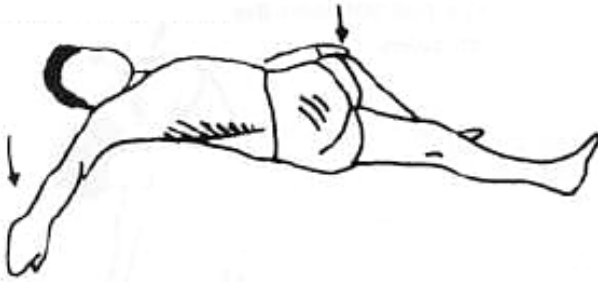
6) **Lumbar flexion:** lying, kneeling



7) Lumbar extension: lying, standing, sitting



8) Lumbar rotation: lying, sitting



9) Lumbar side-bending: seated, standing, lying

