

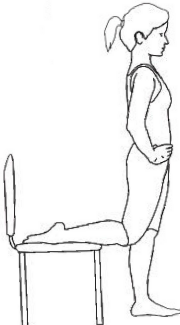
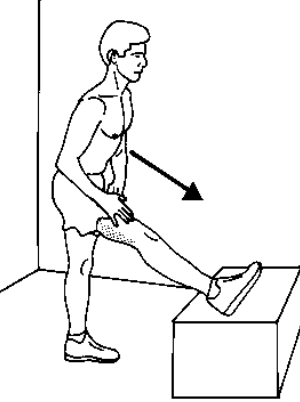


# Basic Home Stretching Routine

<https://www.corechiropractic.net/homestretches/>

<p>Stretch each side 2 min</p> <p>Always keep spine straight and pelvis neutral (avoid rotation of the spine or pelvis)</p> <p>The V-Sit is 5 min!</p>	<h3>Pecs</h3> <p>Extend your arm straight out and bend your elbow at 90 degrees. The elbow and forearm are blocked by the wall as you step forward and stretch your pec.</p> 
<h3>Calf</h3> <p>Keep the leg to be stretched extended behind you and the heel of the floor.</p> 	<h3>Hip Flexor</h3> <p>Keep everything in alignment and extend the leg to be stretched behind you.</p> 
<h3>Hamstring</h3> <p>You may modify the height of the box up or down to stretch your hamstring.</p> 	<h3>V-Sit (5 min)</h3> <p>Lay on the floor with your bottom touching the wall. Your legs and heels also touch the wall. This hold stretches your inner thigh and hamstring (added bonus: do the neck wedge too!)</p> 