



BALANCE CHIROPRACTIC

880 Las Gallinas Ave. Ste. 6, San Rafael, CA 94903

STRETCHES FOR GOOD POSTURE

Extension Stretch

Support your lower back,
lean back.



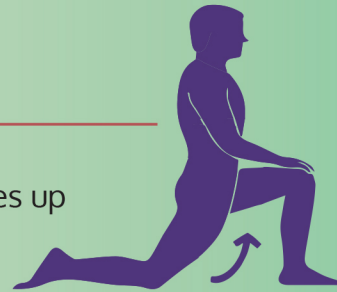
Hamstring Stretch

Extend the front leg,
bend the back knee,
lean over the front leg.



Iliopsoas Stretch

From the lunge position,
shift your back foot so it lines up
with the front foot.
Tilt your pelvis up.



Quad Stretch

Place one hand on a stable surface.
Stand upright and bend one leg.
Pull foot back and move hips forward
with knees together.
Don't arch your back.
Feel stretch in front of thigh.



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