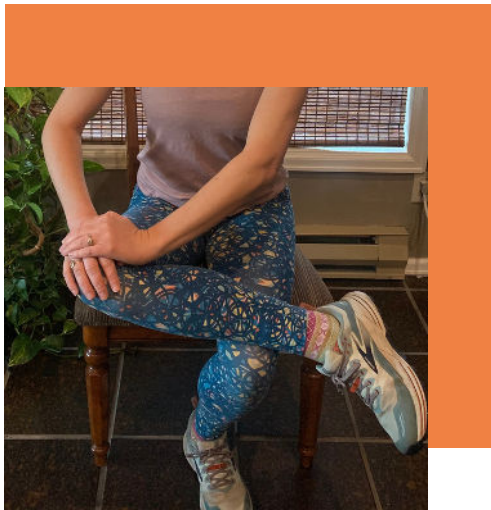


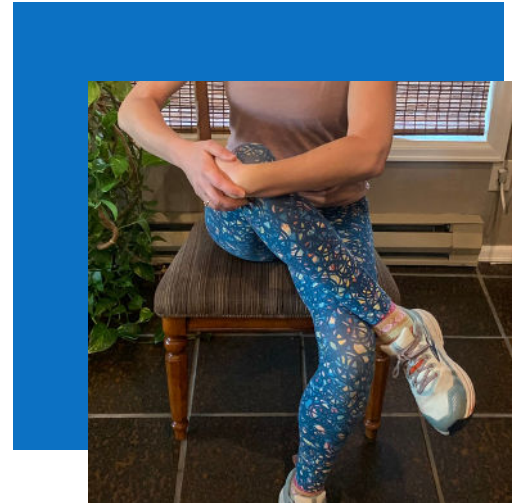
# Stretches for Hip & Back Pain

These 3 stretches can be done like this: 3 repetitions of each, hold each stretch for 20 seconds, alternate left and right sides and these can be done 3-5 times per day! These stretches should be done to tolerance and it is recommended to use from a scale of mild, moderate or intense intensity of stretch to a MODERATE stretch.



Mild Stretch

Moderate  
Stretch



Moderate  
Stretch

Often times you may notice that one side feels tighter than the other which is a sign of imbalance in your body. There are ways to address this through neurologically based chiropractic care. We are happy to provide a complementary phone call to address any questions you may have. If these seem to aggravate your condition, please contact your health care provider as these stretches are not designed to treat or diagnosis any condition.