



CLAIRPOINTE  
FAMILY CHIROPRACTIC

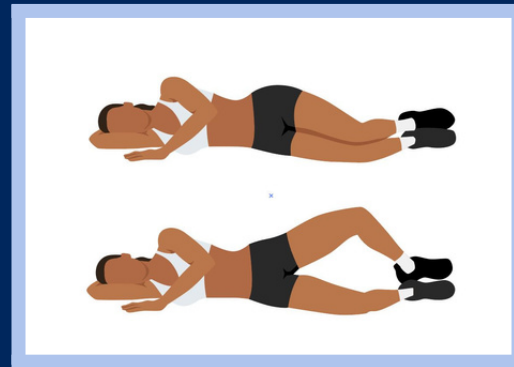


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Clairpointe Family  
Chiropractic!

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### THE CLAM

- Lie on your left side with your elbow bent. Use your left hand to prop up your head.
- Stack your right leg and foot on top of your left, and bend your knees to form a 45-degree angle. Place your right hand on your hip or lightly on the floor in front of you for balance. This is the starting position.
- Slowly lift your right knee up toward the ceiling, keeping your feet touching. Use your glutes to initiate the movement, and squeeze them as you lift.
- Lower your right leg back to meet the left.



### TABLETOP LEG PRESS

- Lie face up with your legs raised in a tabletop position (knees bent 90 degrees and stacked over your hips).
- Contract your abs to press your low back into the ground. Crunch up just a few inches and place your hands on the front of your quads.
- Drive your quads into your hands while simultaneously pressing them away. There should be no visible movement in your body, but you should feel the battle and intense tension in your core.
- Hold this position.



### How Strengthening Your Core Muscles Supports your Chiropractic Care

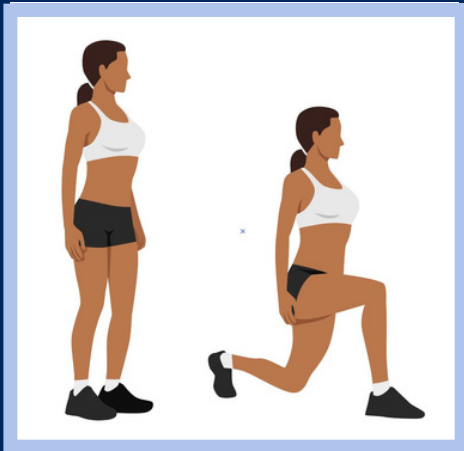
Weak abdominal muscles can cause lower back pain by encouraging a forward-leaning posture and less stability when doing spinal range of motions. Since abdominals work in conjunction with back muscles when bending, straightening, or lifting, you could be more prone to back pain with a weak core. Doing core exercises to strengthen your core will aid in keeping your spine well-supported.

# CORE EXERCISES

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CHIROPRACTIC



Adding Core Exerci  
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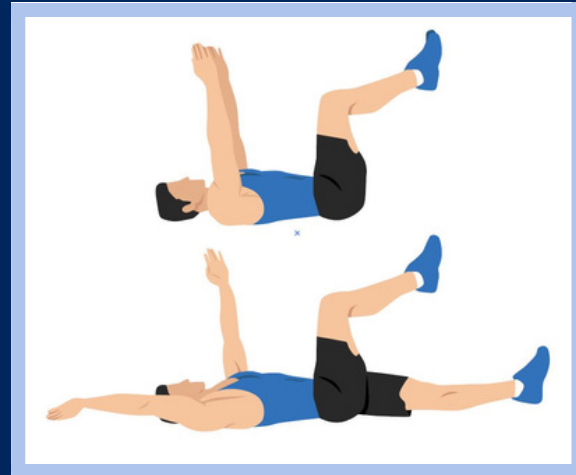


## FRONT LUNGE

- Start standing with your feet shoulder-width apart. Put your hands on your hips (as pictured) or behind your head.
- Step back (about 2 feet) with your left foot, landing on the ball of your left foot and keeping your heel off the ground.
- Bend both knees to create two 90-degree angles with your legs.
- In this positioning, your shoulders should be directly above your hips and your chest should be upright. Your right shin should be perpendicular to the floor and your right knee should be stacked above your right ankle. Your butt and core should be engaged.
- Push through the heel of your right foot to return to standing.

## REVERSE LUNG

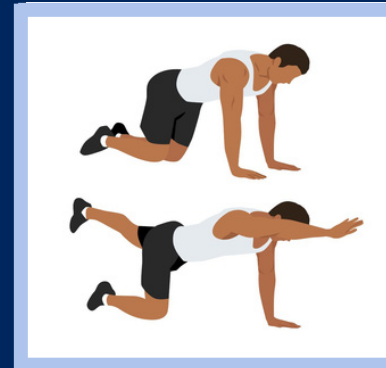
- Follow the exact directions as a forward lunge, only step back (about 2 feet) instead of forward.



## DEAD BUG

- Lie face up with your arms extended toward the ceiling and your legs in a tabletop position (knees bent 90 degrees and stacked over your hips). This is starting position.
- Slowly extend your right leg out straight while simultaneously dropping your left arm overhead. Keep both a few inches from the ground. Squeeze your butt and keep your core engaged the entire time, lower back pressed into the floor.
- Bring your arm and leg back to the starting position.
- Repeat on the other side, extending your left leg and your right arm.

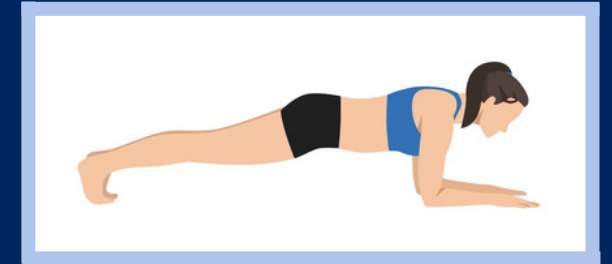
## BIRD DOG



- Lie face up with your legs raised in a tabletop position (knees bent 90 degrees and stacked over your hips).
- Contract your abs to press your low back into the ground. Crunch up just a few inches and place your hands on the front of your quads.
- Drive your quads into your hands while simultaneously pressing them away. There should be no visible movement in your body, but you should feel the battle and intense tension in your core. Hold this position.

## GLUTE BRIDGE

- Lie on your back with your hands at your sides, knees bent, and feet flat on floor hip-width apart.
- Squeeze your glutes and abs and push through your heels to lift your hips a few inches off the floor until your body forms a straight line from your shoulders to your knees. Hold this position for a second, making sure your knees stay straight and don't collapse in.
- Slowly lower your hips to return to the starting position.



## FOREARM PLANK

- Rest your forearms on the floor, with your elbows directly underneath your shoulders and hands facing forward so that your arms are parallel.
- Extend your legs out behind you and rest your toes on the floor. Your body should form one straight line from your shoulders to your heels.
- Squeeze your entire core, your glutes, and your quads, and tuck your butt under a little to keep your lower back straight. Make sure you are not dropping your hips or hiking your butt up toward the ceiling.
- Position your head so that your neck is in a neutral position and your gaze is on your hands. Hold this position.

