

## **THERAPEUTIC EXERCISES FOR FITNESS**

Welcome to the journey toward a healthier and stronger spine! Dr. Vahue has put these exercises together to create a simple routine that can be customized for any age or ability level.

The following exercises are to be used to compliment your adjustment plan; and are useful for improving strength and endurance, decreasing swelling, and increasing your range of motion.

As with any activity, please discontinue if your experience an increase in pain and/or swelling in the exercised joint.

**Exercise Frequency:**

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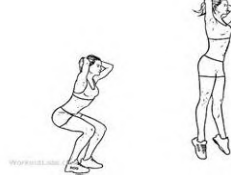
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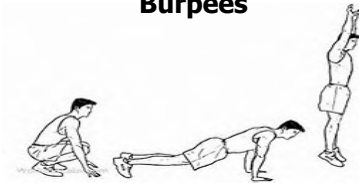
**Standing Push up**



**Squat Jump**



**Burpees**



**Sets and Repetitions:**

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Stand facing wall. Place hands on wall. Lower yourself to the wall, and then press yourself back up to start position. Repeat.

Place hands behind head. Squat down until thighs are parallel with floor. Using all your strength, jump straight up, returning to starting position. Repeat.

Begin standing. Crouch down with hands on floor in front. Extend yourself into a push up position. Quickly bring legs, at same time, into crouch position. Jump straight up, returning to starting position. Repeat.

**Notes:**

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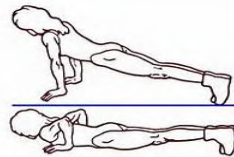
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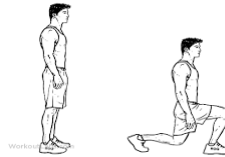
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**Horizontal Push up**



**Lunge**



**Plank**



Begin horizontally, with arms underneath you, shoulder width apart; legs extended behind resting on balls of feet. Lower yourself to the floor and push yourself back up. Repeat.

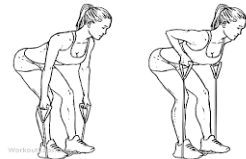
Begin in standing position with feet shoulder width apart. Step forward with one leg and dip down so opposite knee almost touches floor. Return to start position and repeat with opposite leg.

Begin horizontally, elbows on the floor, hands in front; legs extended behind you resting on balls of feet. Hold this position for desired amount

**Warm-up (to be done before exercises):**

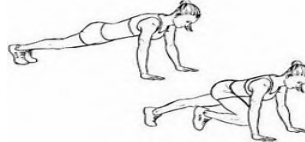
Choose a low impact exercise to do for 3-5 minutes, such as marching in place, jumping jacks, light stretches, depending on your comfort and ability level.

**Resistance Band**



Stand with feet shoulder width apart. Place resistance band securely under feet. Bend at hips to 45 degree angle. Pull resistance band straight up until upper arms are parallel with floor. Lower arms to start position. Repeat.

**Mountain Climber**



Begin horizontally on your toes, with your glutes slightly higher than a regular push up position, hands shoulder width apart. Keeping shoulders over hands, bring one knee up between arms. Return leg to start position, and repeat with opposite leg. Continue repetition.

**Superman**



Lie straight, face down on floor. Arms should be fully extended in front of you. Simultaneously, raise arms, legs, and chest off floor and hold contraction for 2 seconds. Slowly, lower your arms, legs, and chest back to starting position. Repeat.