Milton
CHIROPRACTIC
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Best Morning Spinal Stretches

Here I demonstrate Morning Spinal Stretches in an easy, quick, 10-minute, follow along routine. This morning spinal stretching regime is useful for anyone getting out of bed in the morning!

Jasper Hulscher Clinic Director, Milton Chiropractic Clinic

1 - Warm Up Routine 3 Simple Exercises

Before you begin your morning spinal stretches, please ensure you complete this simple and quick warm up routine.

1 - Hands on hips, feet hip width apart. Rotate your pelvis in a circular motion in one direction for 15 seconds. Change direction and repeat for 15 seconds.

2 - Stand straight, arms outstretched, palms flat. Rotate your arms forward in a circular motion for 15 seconds. Change direction and rotate in a circular motion backwards for15 seconds.

3 - Stand straight, arms loose by your sides. Rotate your neck in a circular motion in one direction for 15 seconds. Change direction and repeat in the opposite direction for 15 seconds.

2 - Hamstring Stretch

1 - Stand with feet hip width apart.

2 - Bend your upper body at almost a 90° angle.

3 - You can have a slight bend in your knee if required.

4 - Hold this position for 30 seconds.

5 - You should feel the stretch in your hamstrings.

6 - To increase the stretch straighten your legs.

7 - Return to the upright position.

3 - Lower Back Stretch

1 - Stand straight with feet hip width apart.

2 - Place both clinched fists into your lower back, push forward.

3 - Arch your back.

4 - Keep your legs straight.

5 - Hold this position for 30 seconds.

6 - You should feel the stretch in your lower back.

7 - Return to the upright position.

4 - Flanks Stretch

1 - Stand straight.

2 - Place your left foot in front of and crossed over your right foot.

3 - Left arm loose by your side.

4 - Drop your left shoulder, relaxed position.

5 - Raise your right arm above your head and slightly bend over to the left.

6 - For balance you may need a sturdy chair to hold on to!

7 - You should feel the stretch from your flanks up into your raised arm.

8 - Hold for 30 seconds.

9 - Repeat the entire process on the opposite side.

10 - Place your right foot in front of and crossed over your left foot.

11 - Right arm loose by your side.

12 - Drop your right shoulder, relaxed position.

13 - Raise your left arm above your head and slightly bend over to the right.

14 - Hold for 30 seconds.

5 - Between The Shoulder Blades Stretch

1 - Stand straight with feet hip width apart.

2 - Both arms stretched out in front, grab your right wrist with your left hand.

3 - Bend over pushing the linked arms through your legs at knee height.

4 - Tuck your chin to your chest.

5 - Hold the pushed stretch for 30 seconds.

6 - Return to upright standing position and repeat grabbing your left wrist with your right hand.

5 - Between The Shoulder Blades Stretch *continued*

1 - Stand straight with feet hip width apart.

2 - Arms outstretched, palms facing forward.

3 - Slowly and controlled lower both arms stretched backwards to hip level.

4 - Continue to stretch your arms back and grab one wrist with your other hand.

5 - Keep your legs and upper body as straight as possible.

6 - Hold the stretch for the remainder of the 30 seconds.

6 - Neck Stretch

1 - Stand upright, feet hip width apart.

2 - Drop your right shoulder, rest your right hand behind your back.

3 - Using your left arm reach up and over your head, hold the area just above your right ear with the palm of your hand and pull gently your head towards your left shoulder.

4 - Feel the stretch from your right ear to your right shoulder.

5 - Hold for 30 seconds.

6 - Return to the upright position, hands by your sides.

7 - Repeat the entire process dropping your left shoulder and using your right arm for the stretch.

6 - Neck Stretch *continued*

1 - Stand upright, feet hip width apart.

2 - Drop your right shoulder, rest your right hand behind your back.

3 - Using your left arm reach up and behind your head, hold your head with the palm of your hand and pull gently forward looking towards your left armpit.

4 - Feel the stretch in the back of your neck.

5 - Hold for 30 seconds.

6 - Return to the upright position, hands by your sides.

7 - Repeat the entire process dropping your left shoulder and using your right arm for the stretch.

Scan to watch the video

Link to video:
https://youtu.be/e21P6ld-rJ0

Milton Chiropractic Clinic 2 Ely Road, Milton, Cambridge, CB24 6DD **01223 864444** miltonchiropractic.co.uk

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