
Basic Exercises

1. Neck stretches (standing)
 - a. Turn head side to side
 - b. Bend neck - ear to shoulder
 - c. Rotate head from side to side in a circular fashion

2. Shoulder stretches (standing)
 - a. Arms behind the back grasp hands and stretch arms away from the body
 - b. Arm behind the head and stretch arm to the side
 - c. Arm across the body and stretch
 - d. Arm circles – rotate arms in both directions with arms parallel to the ground

3. Waist stretches (standing)
 - a. Back extension – bend backwards at the waist
 - b. Forward flexion – bend forward at the waist
 - c. Side bending – bend from side to side

4. Leg Stretches (on the floor)
 - a. Leg over other leg and bend body forward for hamstring stretch
 - b. Pull body into knees leaning forward
 - c. Lay on back and pull leg to side of body for quadriceps stretch
 - d. Sit on haunches and stretch the calf muscles
 - e. Sit on floor and bring feet into pelvic area and stretch knees to floor

5. Chest and back exercises
 - a. Push-ups
 - b. Reverse push-ups for triceps

6. Stomach and Back
 - a. Crunches with knees bent
 - b. Crunches with legs in the air
 - c. Side crunches
 - d. Back extensions on floor raising chest
 - e. Back extensions on floor raising legs
 - f. Back extensions on floor raising both legs and chest

If you have questions, please call or email me at gbirdsley@msn.com.

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