Clinician — Doc Brown, Chiropractic Physician
Issued — September 22, 2026

HOME EXERCISE & STRETCH PLAN

Movement Plan for Marty M.

CERVICAL

Cat Cows



How to do it: On hands and knees, slowly alternate between rounding your spine upward and lowering your belly while lifting your chest and head.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

Chin Tuck



How to do it: Keeping your head level, gently draw your chin straight backward to bring your ears over your shoulders. Hold briefly, then relax.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

Neck Rotation



How to do it: Keeping your shoulders relaxed and facing forward, slowly turn your head to one side as far as comfortable. Return to center and.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

Quadruped Cervical Retractions



How to do it: On hands and knees, keep your neck level and gently draw your chin straight backward without looking up or down. Hold briefly, then.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

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THORACIC

Prone Y-T-W



How to do it: Lie face down and lift your arms into Y, T, and W positions, gently squeezing your shoulder blades together with each movement.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

Ball Up Wall



How to do it: Place both hands on a ball against the wall and slowly roll it upward, reaching as high as comfortable while keeping your shoulders.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

LUMBAR

Kneeling Hip Flexor Stretch



How to do it: From a half-kneeling position, gently shift your hips forward while keeping your torso upright to stretch the front of the hip.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

Bird Dog



How to do it: On hands and knees, extend one arm and the opposite leg while keeping your back level. Return to start and repeat on the other side.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

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LUMBAR

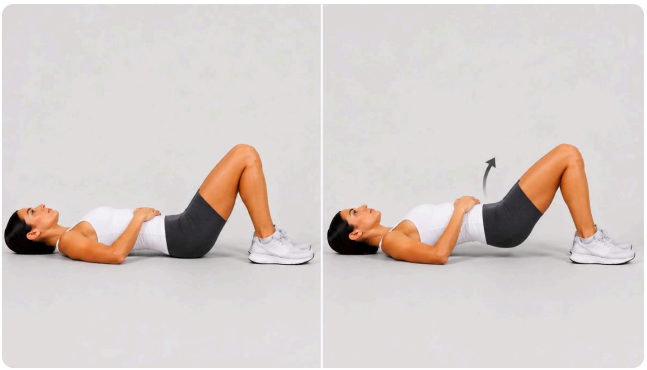
Side Lying Clamshell



How to do it: Lie on your side with knees bent and feet together. Keep your feet touching as you lift the top knee, then slowly lower it.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

Pelvic Tilt



How to do it: Lie on your back with knees bent. Tighten your abdomen and gently rotate your pelvis to flatten your lower back toward the floor.

Sets ____ **Reps** ____ **Hold** ____ Sec/min **Days / week** ____

HOW TO USE THIS PLAN

- Move slowly and stay inside a comfortable range. Mild muscle fatigue is expected.
- If you ever feel any sharp pain, tingling numbness, or symptoms traveling down your arms or legs, please stop and inform your therapist at your next appointment.

This plan is a general home care guide prescribed for you at your current level. Stop any movement that causes sharp or spreading symptoms and let us know at your next visit.