



Mind Body Spine

# STRETCHES & EXERCISES FROM A CHIROPRACTOR

DISCLAIMER: THESE STRETCHES AND EXERCISES MAY NOT BE SUITABLE FOR EVERY INDIVIDUAL. PLEASE  
CONSULT YOUR CHIROPRACTOR BEFORE BEGINNING ANY NEW EXERCISE OR STRETCHING



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## STRETCHES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Stretches for Lower Back and Sciatica



#### Low Back Stretch While Out for a Walk

Learn a simple low back stretch to alleviate back pain experienced during walks. Discover effective techniques to help you find relief and continue enjoying your walks comfortably.

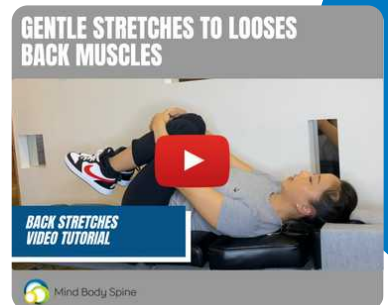
[WATCH NOW](#)



#### Stretches to Loosen Your Lower Back

Gentle back stretches are a great way to prevent back pain from becoming chronic. They also help relieve back pain once it has already developed. These exercises are a great way to start your day - no need to get out of bed!

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#### Stretches for Back Pain

Back pain is a common occurrence in adults. If you have back pain, these stretches will help ease discomfort - no equipment is necessary!

[WATCH NOW](#)





## STRETCHES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Stretches for Lower Back and Sciatica



#### STRETCHES FOR LOWER BACK AND LEG PAIN

The McKenzie Press Up is ideal for decreasing lower back and leg pain and strain caused by disc problems or sciatica. It's important to note that if this stretch increases your pain level or causes tingling or numbness, you'll want to stop immediately and consult a professional.

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#### STRETCHES FOR OFFICE WORKERS

Stretches will help you stay limber and flexible throughout the day. They also make you feel better and reduce stress levels. And since most office workers sit all day, they will benefit from these stretches.

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#### CHILD'S POSE STRETCH

Child's pose is a relaxing pose commonly used in yoga practice. It can be done as a partial forward fold or a full forward fold with chin to chest and forehead to the floor.

[WATCH NOW](#) ➤



#### HOW TO PERFORM CAT-COW STRETCH

Learn a simple low back stretch to alleviate back pain experienced during walks. Discover effective techniques to help you find relief and continue enjoying your walks comfortably.

[WATCH NOW](#) ➤



## STRETCHES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Stretches for Hips and Hip Flexors



#### Hip Flexor Stretch – Lying Down

Do you work at a desk? Have low back pain? This stretch is for you! The best part is you can do it while lying in your bed. Feel the satisfying stretch in the front of your thighs and lower abdomen - your hip flexors.

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#### Kneeling Hip Flexor Stretch

With your front leg bent at 90 degrees, your back knee on the floor, with that foot resting on a bench, lean forward so the back leg gets a deep, satisfying stretch on the front of your thigh.

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#### Standing Hip Flexor Stretch

If you sit at a desk all day, this is the perfect stretch for you! This is an easy stretch to throw into your workday on a break or after your walk at lunch. Please hold onto a chair or wall if you need help with balance!

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*A HEALTHY SPINE BRINGS A HEALTHY MIND.*



## STRETCHES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Stretches for Calves

*FLEXIBILITY IN BODY LEADS TO FLEXIBILITY IN LIFE.*



#### STRETCHES FOR YOUR CALF MUSCLES

An easy and effective method for stretching your calf muscles. Learn the proper technique to alleviate tightness and improve flexibility in your calves for enhanced mobility and reduced discomfort.

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#### HOW TO DO CALF STRETCHES

These two calf stretch exercises can and should be done multiple times a day to gently lengthen and strengthen the often-forgotten calf muscles in your lower legs.

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## STRETCHES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Stretches for Upper Back / Between Shoulder Blades



#### MID BACK STRETCHES USING A CHAIR

Stretches will help you stay limber and flexible throughout the day. They also make you feel better and reduce stress levels. And since most office workers sit all day, they will benefit from these stretches.

[WATCH NOW](#) 



#### EXERCISES AND STRETCHES FOR MID BACK TIGHTNESS

These two exercises are a favourite of mine for helping to release pain and tension in the mid back. The trunk rotation exercise is a simple and gentle movement that can be done anytime, anywhere.

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## STRETCHES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Stretches for Glutes and Sciatica



#### SIMPLE MORNING STRETCHES

If you wake up feeling stiff and sore, these stretches are for you! Try this neck and low back routine while having the luxury of staying in bed. Jump out of bed feeling less pain and ready for your day!

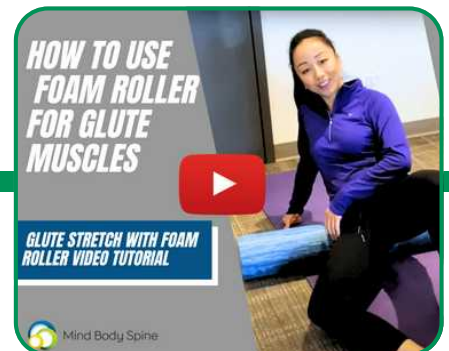
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#### STRETCHES FOR OFFICE WORKERS

Stretches will help you stay limber and flexible throughout the day. They also make you feel better and reduce stress levels. And since most office workers sit all day, they will benefit from these stretches.

[WATCH NOW](#) >



#### FOAM ROLLING THE GLUTE MUSCLES

Because our glutes can get tight very easily, this simple foam rolling stretch is a good one to keep in your toolbox for a quick and simple solution to overused, tense muscles. Ideal for those who sit for long periods of time, the foam rolling mobilization for glutes helps to target tight glutes that can cause discomfort in the lower back and legs.

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#### GLUTE STRETCHES

When we sit all day, our glutes can get very tight, resulting in stiffness and pain in the lower back, legs, even the upper back. These three quick glute stretches are a great way to help ease that tension without the use of any props or tools.

[WATCH NOW](#) >

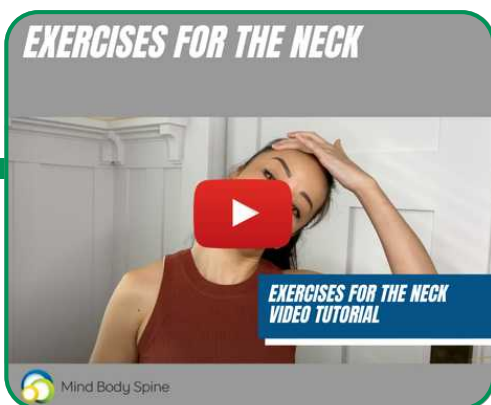




## STRETCHES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Stretches for Neck



#### NECK STRETCHES

Does your neck feel tight all the time? Try these simple and effective stretches to give all of the regions around your neck a satisfying release. Make sure you hold every position for 30 seconds and perform it three times to loosen up your neck.

[WATCH NOW](#)



#### MORNING STRETCHES

If you wake up feeling stiff and sore, these exercises are for you! Try this neck and low back routine while having the luxury of staying in bed. Jump out of bed feeling less pain and ready for your day!

[WATCH NOW](#)



*HEALTH IS A JOURNEY, AND MOVEMENT IS THE PATH.*



## STRETCHES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Stretches for Chest, Shoulder and Forearms



#### FOREARM STRETCH

Do you spend long hours typing or texting on your phone? Forearm stretches are great for relieving tension and promoting circulation. They also help prevent injuries such as carpal tunnel syndrome. I show how to stretch your forearms properly to increase flexibility and range of motion.

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#### CHEST STRETCH

The Chest Opener stretch feels just as it sounds, like a nice opening up of the chest and shoulders. There's no equipment needed and it can be done while sitting or standing. It's excellent as a cool-down post-exercise or as part of any exercise routine when you just want a good stretch.

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*HEALTH IS A JOURNEY, AND MOVEMENT IS THE PATH.*



## EXERCISES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Balance Exercises



#### JUMP TRAINING FOR BALANCE, STRENGTH AND CARDIO

Want to improve your strength, balance, and cardiovascular health? Jump training is a simple yet powerful way to boost your fitness! Try jumping in place, side to side, or front to back—and if you're up for a challenge, go for single-leg jumps! Keep your knees aligned and have fun getting more explosive power. Ready to jump in?

[WATCH NOW](#) ➤



#### ADVANCED ONE FOOT BALANCE EXERCISE

We train our muscles with weights and our heart with cardio, but what about our balance? Good balance helps prevent falls, improves coordination, and strengthens your core and lower body. Start simple by standing on one leg, then challenge yourself with movements, closed eyes, or added weight. I'll show you progressions to take your balance training to the next level—try it out and see how strong your stability can get.

[WATCH NOW](#) ➤



#### ADVANCED AIRPLANE BALANCE EXERCISE

Think your balance is good? Try this Advanced Airplane Balance Exercise! This move improves stability, core strength, and coordination while helping prevent injuries. Start by balancing on one leg, then add slow rotations for an extra challenge. Want to push it further? Add weights! Give it a try and feel the difference.

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## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Abdominal and Core Exercises

*MOVE FREELY, LIVE FULLY.*



#### UPSIDE DOWN KETTLEBELL EXERCISE FOR CORE STABILITY

Explore a powerful upside-down kettlebell exercise in this video, designed to improve core stability. Discover how this unique exercise targets your core muscles for enhanced strength and stability, helping you achieve a more robust and balanced core.

[WATCH NOW](#) 



#### STIR THE POT ABDOMINAL EXERCISE

Stir the Pot is a moving version of the plank exercise that gets your body moving in a smooth controlled way, while keeping your core stable.

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## EXERCISES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Abdominal and Core Exercises



#### HOW TO DO BIRD DOG EXERCISE PART 1

Bird Dog is a great exercise to strengthen your core muscles. Your core is a group of muscles that holds up your trunk. You can think of this muscle group as an entire cylinder that surrounds the entire spine including the front of your body, your sides and your back. This exercise can help with back pain, hip pain and pelvic pain.

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#### HOW TO DO BIRD DOG EXERCISE PART 2

There are few different ways we can do bird dog. Of course, you always want to start with the first step which you would have seen in the first video. If you can do the beginner bird dog really well, you don't lose your form, you find it easy, try moving onto this step.

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#### HOW TO DO BIRD DOG EXERCISE PART 3

This is the third step to bird dog. You can see that I'm up right now and you've mastered step one. You mastered step two. Now we can put it all together while you're standing.

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## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Abdominal and Core Exercises

#### HOW TO DO PLANK EXERCISE



#### HOW TO PLANK

Beginners can build up to a full plank by starting out on their knees, and those who are more advanced can do walking or side planks.

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#### HOW TO DO THE DEAD BUG EXERCISE



#### DEAD BUG EXERCISE

The Dead Bug core exercise is a classic ab exercise, since you need to engage your core while moving your arms and legs in a slow, controlled way.

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#### HOW TO DO CORE CRAWL EXERCISE



#### CRAWL CORE EXERCISE

The Crawl Exercise is more challenging than it first appears. It's excellent for developing better mobility and core stability.

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#### HOW TO DO SIDE BRIDGE EXERCISE



#### SIDE BRIDGE ABDOMINAL EXERCISE

An excellent way to strengthen your core and spine at the same time, the side bridge is a great modifiable exercise that can be adjusted to your preferred difficulty level.

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## EXERCISES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Hip & Mobility Exercises



#### MOBILITY TRAINING FOR YOUR HIPS – SUSTAINED SQUAT

Feeling tight hips or low back discomfort? Try the Sustained Squat! This deep squat helps loosen your hips, decompress your lower back, and improve mobility. Press your elbows into your knees for a deeper stretch and see how long you can hold it.

[WATCH NOW](#)



[WATCH NOW](#)



#### EXERCISES FOR TIGHT AND PAINFUL HIP FLEXORS

Relieve tight and painful hip flexors with effective exercises. Improve flexibility and reduce discomfort.



#### MOBILITY TRAINING FOR YOUR HIPS – HIP CONTROLLED ARTICULAR ROTATIONS (CARS)

Improve hip mobility and reduce tension with this simple exercise. Move your hip through its full range of motion by lifting, rotating, and controlling the movement. Focus on staying upright and stabilizing your body as you go. Great for flexibility and joint health.

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#### HIP MOBILITY EXERCISES

Learn effective hip mobility exercises, designed to improve range of motion and flexibility in the hip joints.

[WATCH NOW](#)





## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Exercises For Glutes



#### **GLUTE EXERCISE TO HELP WITH HIP PAIN – DNS STAR**

Strengthening your glutes can help reduce hip pain and improve mobility. This exercise targets hip stability, core strength, and lower back support. Start on your side, lift your hips, and add leg movements for more challenge. Great for stability and flexibility.

[WATCH NOW](#)



#### **EXERCISE FOR LOW BACK PAIN – ADVANCED CLAMSHELL**

The Advanced Clamshell exercise strengthens hip stability and helps with low back pain or sciatica. Using a resistance band, lift your hips and hold the clamshell position for 5 seconds. Aim for 3 sets of 15 reps, adjusting as needed.

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## EXERCISES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Exercises For Glutes



#### GLUTE EXERCISES TO HELP DECREASE LOW BACK PAIN

Glute exercise tutorial by Dr. Stephanie Louie to help strengthen your hips and reduce lower back pain.

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#### SEATED GLUTE EXERCISE

Using a resistance band, tie it together and wrap it around your knees while seated. Open and close your legs slowly - this exercise stretches and strengthens your glute muscle.

[WATCH NOW](#) 



#### STANDING GLUTE EXERCISE

Do you struggle with hip pain or weakness? Try this glute exercise! You can tie a rubber band around your lower thighs if you need an extra challenge.

[WATCH NOW](#) 



## EXERCISES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Posture and Spine Mobility Exercises



#### STANDING POSTURE EXERCISE

Are your shoulders and neck leaning forward? If you're starting to notice hunching, try this standing posture exercise to get back to better posture.

[WATCH NOW](#)

[WATCH NOW](#)

#### WALL ANGEL TO IMPROVE POSTURE

Improve your posture and reduce back pain with our video tutorial on the wall angel exercise.



#### CORRECTING BAD POSTURE

This simple yet powerful mirror technique allows you to analyze your posture and make corrections where necessary. By closing your eyes, you are teaching your brain the feeling of better alignment, so your body can learn. Consistency and repetition are keys to success with this exercise.

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[WATCH NOW](#)

#### HOW TO SLEEP WITH GOOD POSTURE

Sleeping on your side or back is optimal for your spine. In addition, pillow size and position can ensure your spine is in an ideal neutral posture when you rest.







## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Posture and Spine Mobility Exercises



#### STANDING POSTURE EXERCISE

The standing posture exercise is a good way to “reset” your posture. When you notice that you’re standing or sitting slumped over, with a rounded back, neck and shoulders, try this simple exercise.

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#### EXERCISES TO TAKE TOO MUCH CURVE OUT OF YOUR LOW BACK

This exercise is great for helping to take too much curvature out of your lower back. It also helps to strengthen your abdominals, without a single sit up.

[WATCH NOW](#) 



#### STANDING WEIGHTED EXERCISE FOR TOO MUCH FORWARD LEAN

The Standing Weighted Exercise can be done with anything you have on hand, you don't need to have a kettlebell or a set of weights. You can use a sack of flour or bag of rice, anything that is heavy but still manageable.

[WATCH NOW](#) 

*YOUR BODY SPEAKS; LISTEN WITH CARE.*



## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Posture and Spine Mobility Exercises



#### NEUTRAL POSTURE

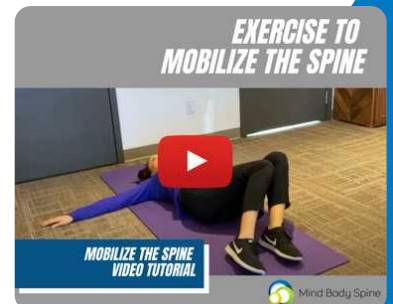
Do you always vacuum with the same arm? Next time, do it with the opposite arm to balance the strain on your body. Think about things that you do in your day-to-day, and try to even yourself out to get a neutral posture.

[WATCH NOW](#) ➔

#### MOBILIZING THE SPINE AT HOME

I get asked a lot how to mobilize the spine at home. And of course the best way, in my opinion, to mobilize the spine is to get on that wobble chair and do your spine molding.

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#### HOW TO IMPROVE YOUR POSTURE

Let's focus on posture and how to have better posture habits. But the first thing I want to talk about is why do we have bad posture in the first place?

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#### MOBILIZING THE SPINE USING THE FOAM ROLLER

The foam roller is a really great tool that you can use on your own at home to help loosen up the back and mobilize it, stretch out some of those muscles. All you need is, of course, the foam roller.

[WATCH NOW](#) ➔







## EXERCISES

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### Neck Exercises



#### NECK EXERCISES TO IMPROVE MOBILITY AND DECREASE PAIN

If you have pain in your neck, try this neck exercise to help strengthen and balance your neck muscles and decrease the pain.

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### Exercises for Lower Back



#### EXERCISES FOR LOW BACK PAIN – ISOMETRICS

Isometric exercises strengthen your low back without movement. Lie on your back, press your legs together or push and pull them without shifting. Hold for 5 seconds and repeat for 3 sets of 15 reps. These exercises help stabilize your low back without worsening pain.

[WATCH NOW](#) 



#### EXERCISE FOR SCIATICA – NERVE FLOSSING

Nerve flossing can help with sciatica. Start with your legs straight, toes up, and head back. Tuck your body in, then extend. Do 10-20 reps daily, and stop if pain or inflammation increases.

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## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Lower Back Exercises

*EMPOWER YOUR HEALTH WITH EACH MINDFUL MOVEMENT.*

#### HOW TO DO GLUTE EXERCISES FOR LOW BACK PAIN



#### GLUTE EXERCISES TO HELP DECREASE LOW BACK PAIN

By following along and incorporating these exercises into your routine, you can strengthen your glute muscles, improve hip stability, and alleviate stress on your lower back.

[WATCH NOW](#) ➔

#### HOW TO DO THE MCKENZIE EXERCISE FOR LOW BACK PAIN



#### MCKENZIE EXERCISE FOR LOW BACK PAIN

The McKenzie Exercise is great for people experiencing low back pain or pain from a disc injury. Here's a video tutorial on how to do the McKenzie Exercise.

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#### HOW TO DO THE BRIDGE EXERCISE



#### BRIDGE EXERCISE

Bridge pose can be adapted to different levels of fitness using props like weights or resistance bands.

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## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Chest, Shoulder and Forearm Exercises



#### MOBILITY FOR SHOULDERS – CONTROLLED ARTICULAR ROTATIONS (CARS)

This shoulder mobility exercise helps maintain flexibility and prevent injury. It involves moving the shoulder in a full range of motion, starting with the arm across the body and raising it overhead. Rotating the palm away and continuing the motion in circles enhances mobility and targets any tight or sore spots. Regular practice improves shoulder health and flexibility.

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#### HOW TO STRENGTHEN YOUR SHOULDERS USING AN EXERCISE BAND

Discover effective techniques for strengthening your shoulders using an exercise band. Learn targeted exercises to enhance shoulder strength, stability, and mobility, allowing you to maintain healthy and resilient shoulders.

[WATCH NOW](#) 



#### EXERCISE TO STRENGTHEN YOUR SHOULDERS

Learn an effective exercise to strengthen your shoulders. Gain valuable insights and techniques to improve shoulder strength, stability, and overall upper body fitness, helping you achieve strong and resilient shoulders.

[WATCH NOW](#) 



## EXERCISES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Chest, Shoulder and Forearm Exercises



#### SHOULDER INTERNAL AND EXTERNAL ROTATOR CUFF EXERCISES

Are you recovering from a rotator cuff injury? This exercise will strengthen the muscles responsible for internal and external rotation. With these easy-to-implement moves, you will be well on your way to recovery.

[WATCH NOW](#) ➤



#### BROOMSTICK EXERCISE

The broomstick exercise is a very effective rehabilitation strategy if you suffer from a frozen shoulder. You can use a broomstick or pole, whatever you have that's handy, to give your shoulder joint a great therapeutic stretch.

[WATCH NOW](#) ➤



#### SHOULDER STRENGTHENING EXERCISES USING AN EXERCISE BAND

Exercise bands are an excellent investment if you have shoulder issues! I show how to strengthen your shoulder in two ranges with a rubber band.

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### SHOULDER RANGE OF MOTION EXERCISES

A common issue I hear from patients is that they get sharp shoulder pain when they reach for something quickly. If your shoulder feels pinchy or stiff, these range of motion exercises will help. All you need is a wall!

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## EXERCISES

CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS

### Exercises for the Legs and Ankles



#### EXERCISE FOR INFRAPATELLAR TENDONITIS AND KNEE PAIN

An exercise routine specifically designed to target and alleviate symptoms of infrapatellar tendonitis and knee pain.

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#### EXERCISE TO STRENGTHEN YOUR CALF MUSCLES

By adding this calf muscle exercise into your routine, you can improve calf strength, endurance, and overall lower leg stability for enhanced physical performance.

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#### HOW TO IMPROVE YOUR BALANCE AND STRENGTHEN YOUR KNEES

Learn valuable techniques in this video to enhance your balance, strengthen your knees and promote healthier knee joints.

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#### KNEE STRENGTHENING EXERCISES

This exercise is designed to target and strengthen the muscles around the knee joint, promoting stability, flexibility, and overall knee health.

[WATCH NOW](#) >



## EXERCISES

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**

### Exercises for the Legs and Ankles



#### EXERCISES TO STRENGTHEN YOUR ANKLES

This ankle band exercise is specifically designed to target and strengthen your ankles while improving ankle stability and flexibility.

[WATCH NOW](#) >



#### EXERCISE FOR ACHILLES TENDONITIS

Slow, controlled calf raises bringing your foot back down to the ground are an excellent way to stretch and strengthen your Achilles tendon. You can modify this exercise to single feet or both feet, depending on your pain level.

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#### Stretches for Sciatica and Leg Pain

Low back pain? Try this glute exercise targeting the glute medius muscle. Dr. Stephanie Louie walks you through how to do this glute exercise.

[WATCH NOW](#) >





## Other Stretches, Exercises and Advice

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**



### TOE YOGA TO STRENGTHEN YOUR FEET

Toe yoga strengthens feet, improves balance, and helps prevent pain. Key exercises include lifting the big toe while keeping others down, lifting other toes while keeping the big toe grounded, and moving each toe individually. Strengthening the arch by creating a curve is also beneficial, especially for flat feet. Regular practice improves foot health and prevents injury.

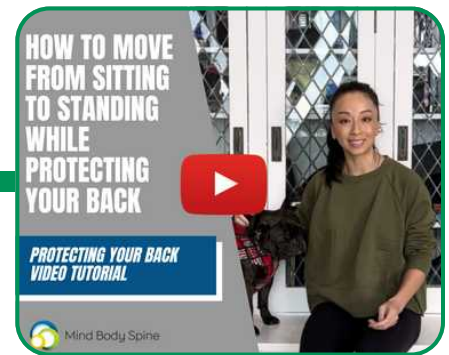
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### WEIGHTED VEST TRAINING TO IMPROVE STRENGTH, BONE DENSITY AND CARDIO

A weighted vest is a great tool to enhance your workouts, improve strength, and increase bone density, especially as we age. It's ideal for everyday activities like walking the dog or doing housework. Start with 10% of your body weight and gradually increase it up to 20%. This simple investment can help prevent osteoporosis and improve your overall health.

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### HOW TO MOVE FROM SITTING TO STANDING WHILE PROTECTING YOUR BACK

Learn how to safely transition from sitting to standing, ensuring the protection of your back and addressing any type of back pain you may be experiencing.

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## Other Stretches, Exercises and Advice

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**



### TIPS TO DECREASE INFLAMMATION

From diet and exercise to supplements and lifestyle changes, discover natural ways to reduce inflammation and improve your overall health.

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### STRETCHES FOR PLANTAR FASCIITIS

Plantar fasciitis is a common injury among runners. In fact, over half of all runners will experience it at least once during their lifetime. I'll teach you how to treat plantar fasciitis naturally using these simple home exercises.

[WATCH NOW](#) 



### ICING INSTRUCTIONS

Dr Stephanie Louie shows you how to properly use ice to ease pain and swelling. Watch her icing instructions video tutorial.

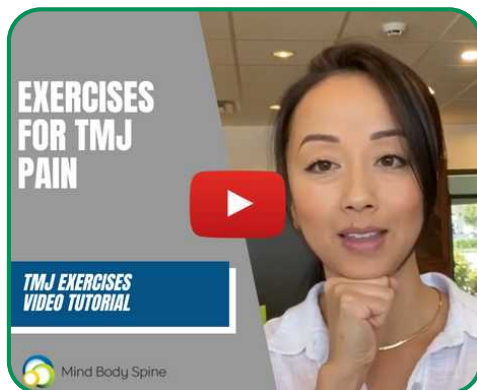
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*SMALL ADJUSTMENTS LEAD TO BIG IMPROVEMENTS.*



## Other Stretches, Exercises and Advice

**CLICK THE IMAGES OR THE LINKS BELOW TO WATCH THE VIDEO TUTORIALS**



### EXERCISES FOR TMJ PAIN

TMJ pain occurs when muscles become tight and painful due to repetitive jaw movements or trauma. It causes headaches, neck pain, earaches, jaw pain, tooth grinding, and even sleep apnea. I show 5 simple exercises to relieve jaw tension and help eliminate symptoms.

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### HOW TO RELIEVE PRENATAL HIP/PELVIC PAIN

When pregnant, a hormone called relaxin is in your body to help your pelvis relax and get ready to give birth. Unfortunately, it can cause some women to experience hip, pelvis, and low back pain. A trochanteric belt is a helpful solution for many pregnant women!

[WATCH NOW](#) ➤



### MORNING STRETCHES TO GET YOUR BODY MOVING

If you wake up feeling stiff and sore, these exercises are for you! Try this neck and low back routine while having the luxury of staying in bed. Jump out of bed feeling less pain and ready for your day!

[WATCH NOW](#) ➤



# Mind Body Spine



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TUTORIALS,  
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