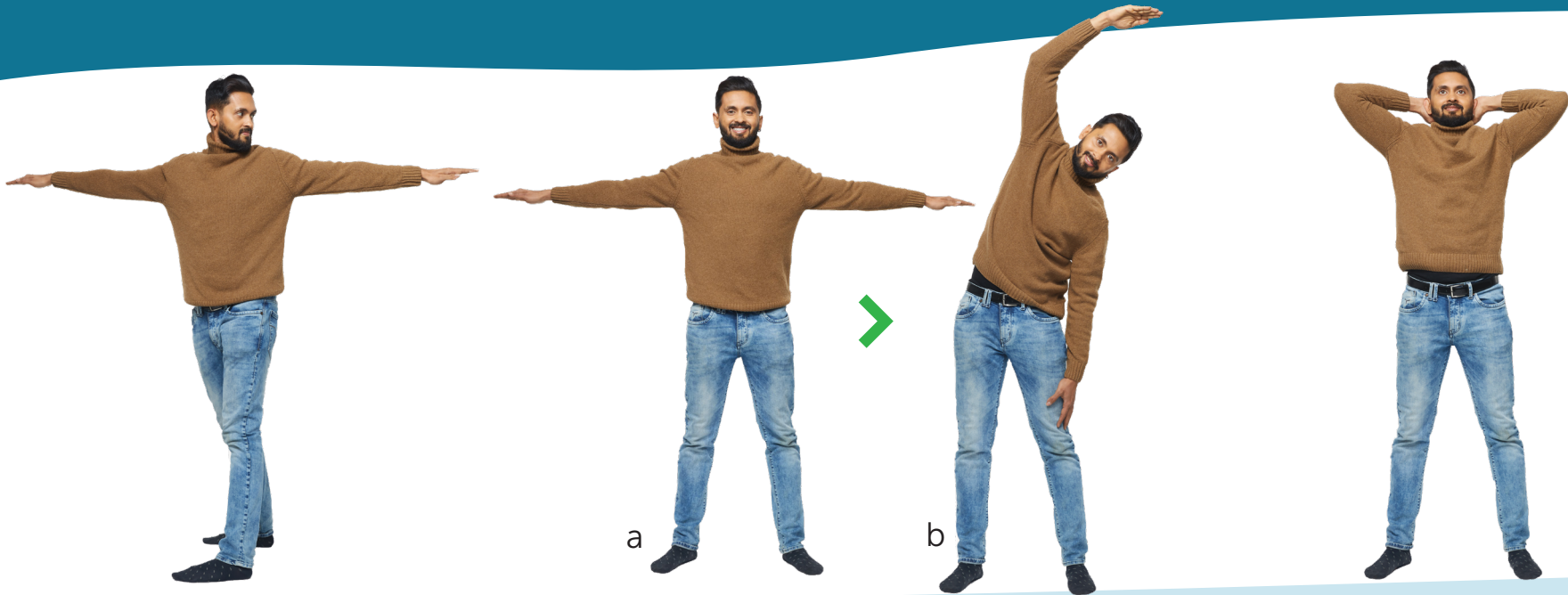


# Parenting is a tough gig—don't let back pain add to it

Give your body a break and take five minutes to try these chiropractor-approved stretches. Your body will thank you!



## Core twist

- Stand with your feet shoulder-width apart and arms out to the side.
- Turn your head to look at one hand and slowly twist your spine to watch your hand go behind you. Relax before slowly returning to centre.
- Repeat twice on each side.

## Side bend

- Standing straight, move your feet shoulder-width apart and raise your arms (a).
- Breathe in and slowly bend to one side as one arm goes over your head and the other arm slides down your leg (b).
- Slowly return to centre and repeat twice on each side.

## Shoulder pull

- Place your hands behind your head and draw your elbows back.
- Gently press your head into your hands, count to two and release.
- Repeat three times, then massage the back of your neck and head.

Studies have shown that stretching as little as three times a week can have positive, pain-relieving benefits.

The full Straighten Up Alberta program, offered by Alberta's chiropractors and designed to increase postural awareness and improve spinal health, is available at [StraightenUpAlberta.com](https://StraightenUpAlberta.com).

# Take a moment to shake it out

Everyone needs a reset—kids and parents alike!



Count to 15 while you shake out your hands, feet, arms, and legs!

Doctors of Chiropractic diagnose, treat, and help prevent musculoskeletal (bones, muscles, cartilage, tendons, joints, and connective tissues) conditions and disorders and the effect they have on the nervous system.

Chiropractors are trained to assist people of all ages to help relieve pain and discomfort and restore range of motion. They also counsel patients regarding nutrition, lifestyle, and exercise.



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