

# 1.

## STARS



### Tilting Star

- Stand tall in the Inner Winner posture
- Move your arms and legs into the star position
- Breathe in as you slowly stretch one arm over your head while sliding your other arm down your leg
- Slowly tilt your start to the other side
- Perform three times to each side



### Twirling Star

- Stand tall in the Inner Winner posture
- Move your arms and legs into the star position
- Turn your head to look at one hand
- Slowly twist your entire spine to watch your hand as it goes behind you
- Relax at the end of the stretch
- Perform three times to each side



### Twinkling Star

- Stand tall in the Inner Winner posture
- Move your arms and legs into the star position, and gently draw your shoulder blades together
- Breathe in as you slowly raise your arms and touch them above your head
- Slowly lower your arms to your sides as you breathe out
- Perform slowly three times

# 2.

## WINGS



### The Flamingo

- Stand tall in the Inner Winner posture
- Move your arms and legs into the star position
- Slowly bring one of your elbows across your body while you raise the opposite knee toward it. Relax back down to neutral position
- Repeat on opposite side
- Perform three times each side



### The Hummingbird

- Stand tall in the Inner Winner posture
- Bring your arms out to the sides with your hands up, in an L-shape, pull your shoulder blades together
- Make small circles with your hands and arms, moving from your shoulders
- Bend at your waist from side to side while you keep the circles going
- Perform three times each side



### The Butterfly

- Stand tall in the Inner Winner posture
- Bring your arms behind your head and gently pull your elbows backward, being careful not to push your head forward
- Slowly and gently press your head backward against your hands creating some resistance while you count to 2 and then release
- Repeat this three times

# 3.

## PLANES



### Vertical

- Stand tall in the Inner Winner posture
- Slowly stretch your chin toward your chest, then return to neutral
- Slowly stretch your head back, looking upwards, then return to neutral
- Perform four times each side



### Rotation

- Stand tall in the Inner Winner posture
- Slowly turn to look over your right shoulder, hold while you count to 2, then return to neutral
- Repeat on left side
- Perform four times each side



### Horizontal

- Stand tall in the Inner Winner posture
- Bend your right ear toward your right shoulder while looking straight ahead, hold this position while you count to 2. then return to neutral
- Repeat on left side
- Perform four times to each side





# LET'S GET STARTED

One of the most important functions of your spine is to encase and protect your vital nervous system.



That is why we start the Straighten Up Australia stretches in your confident INNER WINNER position.

- Stand straight and tall with your head high (ears, shoulders, hips, knees and ankles should be in a straight line).
- Pull your belly button towards your spine
- Think positively
- Breathe calmly, deeply and slowly from your stomach
- Move smoothly with each stretch - try not to jerk or bounce

## Notes

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# ABOUT

Straighten Up Australia is a 3-minute set of stretches designed to improve your spinal health and the way your body functions.

These simple exercises contribute to your chiropractic care, improve posture, enhance health and prevent spinal disability.

### Are these exercises suitable for my child?

Straighten Up Australia is a program that your whole family can use daily to promote a healthy spine. The exercises are designed for healthy children.

Check with one of our Chiropractors before starting this program if unsure.

### Take Care

Check with one of our Chiropractors before starting this program to make sure the exercises are appropriate for your specific needs and goals.

If you experience recurring, sharp or shooting pain at any time, STOP and report to your Chiropractor. You may need to modify the exercise.

Adapted from "Straighten Up Australia" by the Australian Chiropractic Association

# CHIROPRACTIC ON UNLEY

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# STRAIGHTEN UP



A 3 MINUTE DAILY PROGRAM FOR A HEALTHY SPINE AND BODY