

3 STEP STRETCHING PLAN

How To Relieve Stress
And Tension In Your Back,
Neck And Shoulders

WALTER SALUBRO, D.C.

Dr. Walter Salubro's

3 Step Stretching Plan

Vaughan, Ontario

3 Step Stretching Plan

How to Relieve Stress and Tension in Your Back, Neck, and Shoulders

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About The Author



Dr. Walter Salubro is a family wellness chiropractor and the owner of Back To Health Chiropractic Centre in Maple, Ontario. He grew up in Toronto, Ontario, and moved to Vaughan, Ontario, with his family at the age of fifteen.

Dr. Salubro graduated from York University in 1996 and from the National College of Chiropractic in 1999. He has been practicing chiropractic and serving his community of Maple and Vaughan for over fifteen years.

Dr. Salubro provides chiropractic care to people of all age groups. He is trained in applying specific chiropractic techniques that are just as suitable for children as they are for adults. In addition to offering specific spinal adjustments and posture corrective techniques, Dr. Salubro offers an extensive lineup of health seminars, exercise classes, and a run/walk club to his patients. Dr. Salubro is an avid runner, having completed multiple marathons and half marathons.

Dr. Walter Salubro is dedicated to providing exceptional chiropractic care for all his patients. He caters to the care of infants and pregnant mothers. Dr. Salubro is certified from the Academy of Chiropractic Family Practice and the Council on Chiropractic Pediatrics (CACCP). Dr. Walter Salubro is Webster Technique Certified, which is certified and recognized by the International Chiropractic Pediatric Association (ICPA).

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*It is the mindful lifestyle
choices you make today
that will keep you healthy,
strong and enduring
for the marathon called life.*

—Walter Salubro

3 Step Stretching Plan

*Stress
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Having a stretching plan or routine is extremely beneficial, as you will soon find out. Before you begin the **3 Step Stretching Plan**, let's look at why stretching is important to do and how you will benefit. Sometimes it's hard to get away from stress in life. Stress leads to muscle tension and you need a strategy to relieve that tension.

Why Stretch?

Many people carry all their stress and tension in their neck, shoulder and back muscles. Tight muscles are not pleasant.

Tight muscles contribute to neck pain, headaches and back aches. They can cause limitation in your mobility and can slow you down in your daily routine, whether it's at work or at home.

Tight muscles can also drain your energy and cause you to feel tired. This is especially more noticeable when you have been carrying your stress and tension for days, weeks, months and, in some cases, for years.

A patient of mine told me once that the tension in his neck and shoulders "felt like a load of bricks that he's been carrying for 10 years!" Imagine that. That's no way to go through your day, would you agree?

Stretching is important to do because it helps to relieve the strain, stress and tension that built up for you over time. When you stretch those tight muscles, you begin to notice the pressure from that 'load of bricks' lift away.

Bad Posture And Tight Muscles

One of the biggest contributors to tight muscles is bad posture. When your posture is shifted from its normal, optimal position, your muscles have to work extra hard.

Let's use the head and neck to illustrate this point. The average person's head weighs approximately 10 lbs. So, essentially, we are all walking around carry a 10 lb bowling bowl on our neck and upper back.

When the head position is aligned properly over the shoulders, the weight of the "bowling ball" is distributed normally over your muscles, joints, discs and spinal bones.

When the position of your head is shifted forward (this is commonly seen in people with bad posture) the "bowling ball" feels heavier. This puts an enormous amount of pressure on your muscles, joints, discs and spinal bones.

Now, your muscles have to work extra hard to hold up your head. This extra effort exerted by your muscles over days, weeks, months and years leads to pain, strain and tension that many people regularly feel. Can you relate to this?

Contributors To Poor Posture

Many activities or situations that occur on a daily basis can contribute to posture problems. Here are some examples, but certainly this is not an exhaustive list:

- Sitting at a computer desk.
- Using a lap top.
- Using cell phones, mp3 players, tablets, video games and other hand held devices.
- Sitting in the car.

Many activities or situations that occur on a DAILY basis can contribute to POSTURE problems.

- Sleeping positions.
- Working in awkward positions.
- Repetitive bending in one direction.
- Falls, accidents or injuries.
- Carrying backpacks.
- Low self-esteem, low confidence.
- Emotional trauma.

*Stretching
REDUCES
muscle
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which helps
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5 Benefits Of Stretching

Here are 5 key benefits you will get when you stretch on a regular basis:

Stretching:

1. Reduces muscle tension which helps relieve your pent up stress.
2. Keeps you flexible and increases range of movement in your joints which improves your mobility.
3. Enhances muscular coordination which helps to prevent injury and repetitive strain.
4. Increases blood flow to multiple body parts.
5. Increases energy levels. This helps you be more productive during the day.

Introducing The 3 Step Stretching Plan

You just learned why stretching is important, what contributes to tight muscles, how poor posture plays a role in muscle tension and the benefits to regular stretching.

Not it's time for the **3 Step Stretching Plan**.

3 Step Stretching Plan

This **3 Step Stretching Plan** is designed to give you immediate relief of tense, tight muscle. It will also guide you to make corrections in your daily activities or positions that have been causing you tension, strain and muscle tightness.

As well, I have provided you with **4 Stretching Posters** at the end of this eBook with a total of **21 different stretches** that cover all the major body tension areas: neck, upper back, lower back, shoulders, arms and wrists.

You don't have to do all 21 stretches. This will be further explained in the **3 Step Stretching Plan**.

**** Note:** It is advisable to consult with your physician or primary health care provider before starting and exercise or stretching program. The 3 Step Stretching Plan is not intended to diagnose or treat any medical condition. If you have pain or symptoms, consult with your physician or primary health care provider. ******

Let's Get Started

Set some time for yourself now in a place where you know you will not be interrupted.

Turn the page.

This 3 Step Stretching Plan is designed to give you immediate RELIEF of tense, tight muscles.

3 Step Stretching Plan

Step 1: Identify What's Contributing To Your Muscle Tension

An important component of the **3 Step Stretching Plan** is to discover the activities or positions that are continually causing you muscle strain, tension and tightness so you can make changes and correct them. You can use this check list.

Step 1:

*IDENTIFY
what's
contributing
to your
muscle
tension.*

Check all that apply to you:

Sitting Inventory

- Do you slouch when you sit?
- Is your computer monitor to the side instead of in front of you?
- Is your office chair too low? Too high?
- Are you on your cell phone a lot?
- Do you text with your cell phone a lot?
- Do you have a long commute (over 45 minutes) to and from work?

Standing Inventory

- Do you stand for long periods of time?
- Do you slouch when you stand?

Lifting Inventory

- Do you do repetitive lifting during the day?
- Do you repetitively bend to one direction?

Repetitive Movement Inventory

- Do you use the mouse and keyboard a lot?
- Do you use hand tools or power tools?
- Do you repetitively move and bend your arms and shoulders?

Sleeping Habits Inventory

- Do you sleep on your stomach?
- Do you sleep on fluffy pillows?
- Do you sleep on more than one pillow?
- Do you fall asleep on the couch?

How's Your Posture?

For a Posture Self Test, visit:

<http://BackToHealthChiropracticCentre.com/free-stuff/do-a-posture-self-test>

Step 2:

*SCAN your
body for
tense
muscles.*

3 Step Stretching Plan

Step 2: Scan Your Body For Tense Muscles

There will generally be 3 main areas of body and muscle tension:

They are:

1. The neck and shoulders.
2. The arms and wrists.
3. The upper back and lower back.

Body Scan

Part 1: You may already know where you carry your tension. If that's the case, take note. For instance, today one of my patients told me she carries all of her tension in her upper back area. Another patient told me he carries his tension in his neck and at the base of his skull. And, some of my patients tell me they have tightness in their low back.

Where do you know you have tension or tightness? Is it in the neck and shoulders, or the arms/wrist, or in the upper back/lower back?

Part 2: This next exercise will help flush out all those hidden tense body areas. Shockingly, some people carry tension and stress in their muscles and body and they don't even know it. How? Because many people subconsciously suppress their symptoms, stress and tension. Often times, during a patient examination, the patient will say, "I didn't know that area was painful until you pressed on it."

*Shockingly,
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Exercise:

Sit in a relaxed position. Take a deep breath in and then let it out. Close your eyes and take a moment to mentally scan your body. Scan for any tense body parts. Start with your neck. Then move down to your shoulders. Then your arms, forearms and wrists. Now, scan your upper back. Then your middle and lower back. Now finish up scanning your gluts and thighs.

What did you discover from Part 1 and Part 2 of the Body Scan exercise?

Where are your areas of tightness and tension?

Now that you identified your common areas of tightness and now that you flushed out the hidden areas of tension, you can start targeting these problem areas with stress-relieving, tension-melting stretches.

3 Step Stretching Plan

Step 3: The Stretching Routine

At the end of this eBook, you will find 4 full-coloured stretching posters showing you 21 total stretches that cover the neck, shoulders, arms, wrists, upper back and lower back. Feel free to print these posters so you can refer to them at anytime.

Step 3:

The stretching ROUTINE.

First you will match up the stretches you are to do to with the tight and tense body parts you indentified in Step 2. Then you can follow the stretching protocol below to stretch out the target body parts.

Use Table 1 to match up the stretches to the tense and tight body areas.

Table 1: Matching The Stretches To Tense And Tight Body Areas

Tense & Tight Body Areas	Stretches (With reference to the poster showing you the stretch for each body area)
Neck	<ol style="list-style-type: none"> 1. Side Neck Stretch – Poster A 2. Angled Neck Stretch – Poster A 3. Front & Back Shoulder Rolls – Poster A
Upper Shoulders (Traps)	<ol style="list-style-type: none"> 1. Side Neck Stretch – Poster A 2. Angled Neck Stretch – Poster A 3. Front & Back Shoulder Rolls –Poster A
Shoulder Joint & Arms	<ol style="list-style-type: none"> 1. Cross Shoulder Stretch – Poster A 2. Back Shoulder Stretch – Poster A 3. Reaching Shoulder Stretch – Poster B 4. Seated Side Stretch – Poster B 5. Seated Chest & Shoulder Stretch – Poster C
Wrists	<ol style="list-style-type: none"> 1. Forearm Stretch – Poster B 2. Wrist Stretch – Poster B
Upper Back	<ol style="list-style-type: none"> 1. Standing Cat & Camel Stretch – Poster C 2. Standing Extensor Stretch – Poster C 3. Standing Shoulder & Side Stretch – Poster C 4. Standing Side Stretch – Poster C
Lower Back	<ol style="list-style-type: none"> 1. Single Knee-To-Chest Stretch – Poster D 2. Angled Knee-To-Chest Stretch – Poster D 3. Double Knee-To-Chest Stretch – Poster D 4. Cat & Camel Stretch – Poster D
Thighs	<ol style="list-style-type: none"> 1. Standing Quadriceps Stretch – Poster C 2. Hamstring Stretch – Poster D

Matching the STRETCHES to tense and tight body area.

This is how you use Table 1. Let's say you identified your neck to be the area you carry the most tension and tightness. Then, according to Table 1, you can do the **Side Neck Stretch**, which is one of the stretches demonstrated in **Poster A**.

If you carry your tension in your low back, then you can choose one of the stretches in **Poster D**, like the **Double-Knee-To-Chest Stretch**.

Stretching Protocol

1. Focus on two to three main areas of tightness and tension.
2. Choose 2 stretches for each of these areas.
3. Use the stretching posters provided at the end of this eBook as a reference.
4. Hold each stretch gently for 10 seconds. Let go. Repeat for a total of 3 times. Then do the same for the other side.
5. Do your stretching routine first thing in the morning before you start your day and then again in the evening before you go to bed. It should take you only 2 to 3 minutes.
6. Throughout the day, whenever you experience tension or tightness, repeat the stretches.

Use the stretching POSTERS provided at the end of this eBook as a REFERENCE.

Proper Stretching Technique

1. Hold the stretch for 10 seconds and repeat 3 times. It takes time to lengthen your muscles tissues.
2. Don't bounce. Hold your stretch. Bouncing your muscles while you stretch is not effective and can cause injury.
3. Focus on pain-free stretching. If you feel pain while you stretch, you have gone too far. Back off to the point where you don't feel any pain, then hold the stretch there.
4. Relax and breathe freely. Don't hold your breath while stretching.
5. You don't have to do all 21 stretches all the time, every day. Some stretches may be more appropriate for some people while others may not. The reason why I show all 21 of these stretches is because they will cover a good range of body parts that will be most stressed during your day.

So you choose the ones that are most appropriate for you.

At the end of this eBook, you will find my **7 Rules To Stretching**. Follow these rules each time to ensure you are following good stretching technique.

A VISIT to the chiropractor's office can put you on the PATH to correcting the posture problem so it doesn't get worse.

5 Key Tips To Correcting The Contributing Factors To Muscle Tightness, Tension And Stress

TIP 1: Position your computer monitor so that the top of the screen is at eye level. Be sure to have the monitor directly in front of you and not to the side. These two adjustments to your computer monitor will dramatically decrease the daily stress to your neck and shoulder muscles.

TIP 2: Sleep on your side or on your back. This will help protect the natural curves of your spine and minimize strain while you sleep. Also, consider investing in a good orthopedic style pillow. This is a specially designed pillow you can buy in home care stores or in chiropractic offices that help support your neck in it's proper position while you sleep.

TIP 3: When you stand for long periods of time, rest one foot on a 3 inch high step stool to relieve fatigue in your legs and back.

TIP 4: When lifting, always squat to lift the item. Never bend at your waist.

TIP 5: How's your posture? Do the Self Posture Test. If you notice any posture problems, a visit to the chiropractor's office can put you on the path to begin correcting the posture problem so it doesn't get worse.

Dr. Walter Salubro's 7 Rules To Stretching

1. Hold the stretch for 10 seconds.
2. Do not bounce. Hold the stretch in a static position.
3. Repeat each stretch 3 times.
4. Repeat the other side of body.
5. Stretch only to the point of resistance.
6. Never, ever stretch into pain. If the stretch hurts, pull back a little.
7. Stretch every day as needed.

A

Neck & Shoulders Stretches

Side Neck Stretch



Angled Neck Stretch



Cross Shoulder Stretch



Front & Back Shoulder Rolls



Back Shoulder Stretch



Seated Side Stretch



B

Shoulder, Arm & Wrist Stretches

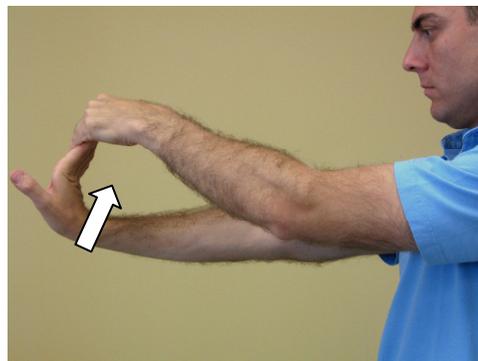
Reaching Shoulder Stretch



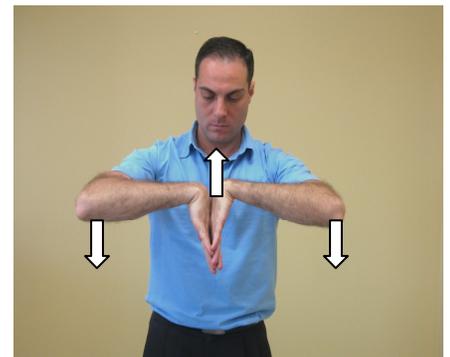
Seated Side Stretch

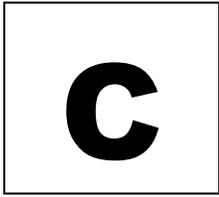


Forearm Stretch



Wrist Stretch





Back – Standing Stretches

Standing Cat & Camel Stretch



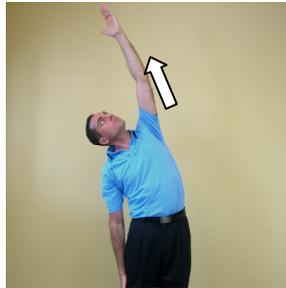
Standing Extensor Stretch



Standing Shoulder & Side Stretch (Right & Left)



Standing Side Stretch



Seated Chest & Shoulder Stretch

(Can also be done standing)



Standing Quadriceps Stretch



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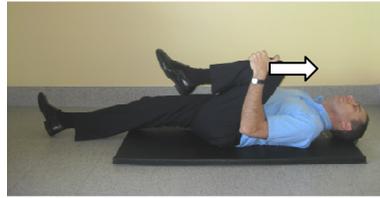


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D

Low Back - Floor Stretches

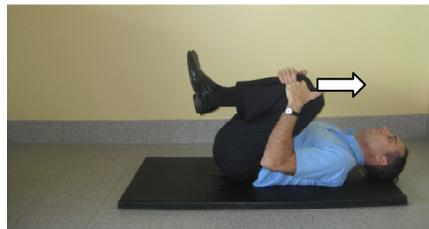
Single Knee-To-Chest Stretch (Repeat other knee)



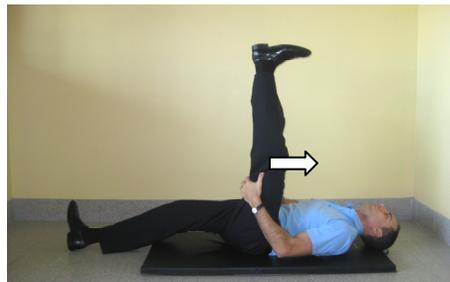
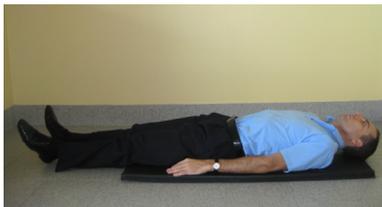
Angled Knee-To-Chest Stretch (Repeat other knee)



Double Knee-To-Chest



Hamstring Stretch (Repeat other side)



Cat & Camel Stretch



A Personal Message From Dr. Walter Salubro



Thank you for downloading and reading the **3 Step Stretching Plan**. I hope you found it informative. Feel free to print off the 4 stretching posters as a reference guide.

Today, there are many factors that affect people's health and well-being. For instance, stress (from physical, emotional, and chemical sources), poor eating habits, and lack of physical activity are some key factors that contribute to many conditions and health problems. This is posing a huge problem and limiting quality of life in many people. People are getting sicker, not healthier, putting a huge burden in an already overwhelmed health-care system.

This is the reason why our team at Back To Health Chiropractic Centre (located in Maple, Ontario) aims to educate patients and their families to make the best health choices for themselves and their children.

We provide chiropractic care for people who are stressed out, in pain, and are seeking guidance and direction to better health. We have found that preventing illness and disease starts with a healthy spine. So we provide and deliver a systematic approach to chiropractic care that helps alleviate pain, helps relieve stress, and leads you to a healthier, stronger you, now and for the long run.

Our patients get counsel on nutrition and eating habits, exercise recommendations, tips on managing life stresses, guidance for planning life goals, and specific exercises for correcting posture. This well-rounded, vitalistic health-care approach in addition to corrective chiropractic care makes up the foundation of the **5 Pillars of Great Health**—the specific health care model that I teach and promote at Back To Health Chiropractic Centre.

Everyone—adults, children, and infants—deserves the best health care and the best quality of life. Vitality is the natural course for humans. And so, it is our mission to help sick and suffering people of all ages get well with chiropractic care so they can enjoy a long-lasting, healthy, and happy life.

Take the next step toward better health, more happiness, and a higher quality of life. Come visit us and begin your journey back to health.

For your health always,

Dr. Walter Salubro, DC

"Leading you to better health the chiropractic way."

www.iBTHCC.com



Maple, Ontario

About Back To Health Chiropractic Centre

We provide chiropractic care for people who are stressed-out, in pain and are seeking guidance and direction to better health.

We are the chiropractic office that is concerned for your health. We have found that preventing illness and disease starts with a healthy spine. So we provide and deliver a systematic approach to chiropractic care that helps to alleviate pain, relieve stress and lead you to a healthier, stronger you, now and for the long run.

Back To Health Chiropractic Centre

The office of Dr. Walter Salubro

"Leading you to better health the chiropractic way."

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Other Seminars, Programs, and Books by Dr. Walter Salubro

Books:

Back to Health by Choice:

How to Relieve Pain, Conquer Stress, and Supercharge Your Health the Chiropractic Way

5 Pillars of Great Health Seminars:

- **Stress Management Seminar Series**
Self Help Strategies to Conquering Stress
- **Nutrition Mastery Seminar Series**
How to Eat Right for Disease Prevention and Optimal Health
- **Exercise Motivation Seminar Series**
How to Get Lean, Fit and Strong Doing Exercises You Love
- **Vision, Purpose, Goals Seminar Series**
How to Create Your Ideal Life by Design Versus Living Your Life by Default
- **Optimal Spine, Optimal Health Seminar Series**
How to Power Up Your Health the Chiropractic Way

Other Seminars:

- **Back to Health Makeover**
How to Elevate Your Life with 5 Pillars of Great Health
- **Chiropractic Care for the Wellness Pregnancy**

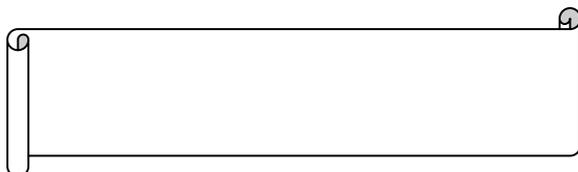
Home Learning Programs:

- **Stress Management Seminar Series Audio Program**
(4 CDs and 1 PDF Workbook)
- **Nutrition Mastery Seminar Series Audio Program**
(4 CDs and 1 PDF Workbook)

Visit www.WalterSalubro.com for details and registration.

Speaking Engagements

Dr. Walter Salubro is an engaging and dynamic speaker on topics of chiropractic health and the wellness lifestyle. To have Dr. Salubro appear live at your company, organization, or next event, email speaker@waltersalubro.com or call 905-303-1009.



For inquiries, appointments
or further details about seminars ...

Call: **(905) 303-1009**

Or Visit

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