



Are you ready to follow a more comprehensive exercise plan designed to help prevent injury, improve posture, and support physical function in everyday activities? The following exercises have been selected so they can be completed at home, at the office, at the gym, or on the go. With regular practice, you can build a stronger, more resilient body, better able to meet the demands of work, recreation, and daily life.

A tracking log is included to help you monitor consistency and progress. Over time, these exercises can help improve strength, flexibility, balance, and joint stability. If you have questions, experience discomfort, or think you may benefit from individualized modifications, [find a chiropractor near you](#) and they can help ensure you're exercising safely and effectively.

You got this and Canada's chiropractors are here to help!

DISCLAIMER: The exercises provided in this handout are intended for general guidance and educational purposes only. Always consult with your healthcare provider or a qualified professional before starting any new exercise program, especially if you have any existing medical conditions, injuries, or concerns. Participation is voluntary and at your own risk. Stop any exercise that causes pain or discomfort.

Mobility exercises for the neck, mid-back & low back

Neck Rotation



Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Repeat 5 times | Perform 2-3 times daily | Perform 5-7 days per week | Both sides

Video: http://youtu.be/UbHEH6t_OJQ

Date	Sets	Reps



Neck Lateral Flexion

Sit or stand in an upright position with good posture. Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder. Now repeat to the right. Keep the movement gentle and rhythmical. This exercise will help improve mobility to your neck.

Repeat 5 times | Perform 2-3 times daily | Perform 5-7 days per week | Both sides

Video: <http://youtu.be/MpUIDH-atys>

Date	Sets	Reps



Neck Extension

Tilt your head backwards in a slow and controlled manner. You may feel some compression tension building up at the back of the neck, so stop the extension at that point. Stop the exercise immediately if you get any dizziness or blurred vision.

Repeat 5 times | Perform 2-3 times daily | Perform 5-7 days per week | Both sides

Video: <http://youtu.be/LWg92hFOEDk>

Date	Sets	Reps



Scapular Setting AKA Shoulder Rolls

To “set” your shoulder blades, imagine you are wearing a V-neck t-shirt back to front. Now pull your shoulder blades downwards and inwards as shown in the diagram, and hold this position. Keep your chin up and maintain good posture.

Hold for 1-2 seconds | Repeat 10 times | Perform 2-3 times daily | Perform 5-7 days per week



Video: <http://youtu.be/3ZNGy46Afy8>

Date	Sets	Reps



Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise to safely increase mobility in the spine and reduce pain.

Repeat 10 times | Perform 2-3 times daily | Perform 5-7 days per week

Video: <http://youtu.be/JEDRfMbURRU>

Date	Sets	Reps



Cat Camel Stretch

Start in a neutral four point position on your hands and knees. Round your back from an arched position as you pull in your abdominal muscles. It should feel like a gentle stretch to your lower back. Don't over-arch your back; keep it comfortable, unless your therapist guides you otherwise. After you have rounded your back, form an arch with your lower back. Repeat the movement to the required number of repetitions. This is a good exercise to stretch your back and reduce back pain.

Repeat 10-20 times | Perform 2-3 times daily | Perform 5-7 days per week

Video: <https://youtu.be/c2kKOjzK14>

Date	Sets	Reps



Lumbar Rotation

Lie on a bed or floor. Bend your knees and keeping your feet flat on the bed or floor, rotate your hips to one side creating a rotation through your lower back. Only go as far as feels comfortable, you do not need to get your knees to the floor. Return to the opposite side. This is an excellent lower back mobility exercise, especially if you have acute lower back pain or disc problems.



Repeat 10 times | Perform 2-3 times daily | Perform 5-7 days per week

Video: <http://youtu.be/UxORTXzuU9E>

Date	Sets	Reps

Back Extension



Lie on your front, and rest on your forearms. Straighten your arms to a 90-degree position as shown. Hold this position. Your back will be arched. Start gently with this exercise as it can cause some stiffness when you first begin.

Repeat 10-20 times | Perform 2-3 times daily | Perform 5-7 days per week

Video: <http://youtu.be/jwl8g1dNzbw>

Date	Sets	Reps

Balance & Stability Exercises



Single Leg Stand

Stand on one leg, and try to keep your balance. Be careful and hold on to a wall for support when you first start this exercise. A single leg balance exercise such as this is an enormously valuable exercise, and its benefits including strengthening the muscles and ligaments around the ankles and knees, and improving balance.

Repeat 10 times | Perform 2-3 times daily | Perform 5-7 days per week

Video: http://youtu.be/ZLxyh_PEstl

Date	Sets	Reps



Standing Cross Crawl

Stand on one leg and bend your knee up to 90-degrees while your opposite hand touches the outside of your knee. Try to hold this position for 5 seconds and repeat the other side. It's a great strengthening exercise especially to the quadricep (thigh) muscle, but also improves balance.

Hold for 3-5 | Repeat 10 times | Perform 2-3 times daily | Rest for 30 sec | Perform 3-5 days per week | Both sides

Video: http://youtu.be/g_uXMs_yOME

Date	Sets	Reps

Postural Correction Drills



Chin Tucks

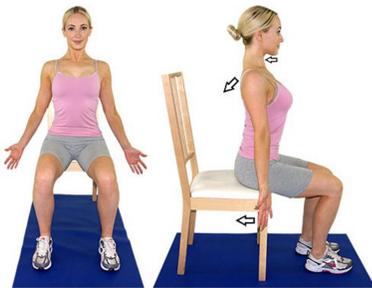
Sit upright with good posture. Gently pull your head back as far as comfortable and down slightly. You will feel some gentle tension at the front and back of your neck. This exercise will help your neck and upper back posture.

Repeat 10-15 times | Perform 2-3 times daily | Perform 3-5 days per week

Video: http://youtu.be/ZLxyh_PEstI

Date	Sets	Reps

Bruegger's Exercise

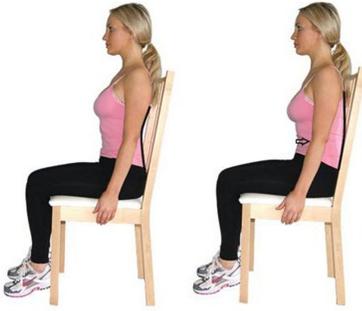


Sit on the edge of a chair and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

Hold for 3 sec | Repeat 5-10 times | Perform 2-3 times daily | Perform 5 days per week

Video: http://youtu.be/_uQ_-JeWTgU

Date	Sets	Reps



Pelvic Tilt | Pelvic Tuck Sitting

Sit down with good posture. Draw your belly button inwards (towards the back of the chair slightly) and tilt your pelvis backwards (i.e. flatten your spine against the chair). Return to the start position (arching your back - known as a lumbar Hyperlordosis). This exercise strengthens the deep abdominal muscles and improves core control.

Repeat 10 times | Perform 2-3 times daily | Perform 5 days per week

Video: <http://youtu.be/PdEKzbBFzrE>

Date	Sets	Reps

Core Strengthening Exercises



Isometric Chin Tuck

Placing both hands behind your head, attempt to pull your head backwards while tucking your chin in slightly, but resist this movement with your hands. Keep your head still. You will feel a gentle contraction of the muscles at the back of the neck.

Hold for 15 sec | Repeat 2-3 times | Perform 2-3 times daily | Rest for 10 sec | Perform 3-5 days per week

Video: <http://youtu.be/RuuaGANbhtE>

Date	Sets	Reps

Bird Dog



Position yourself on all fours and keep good posture. Draw your tummy inwards (towards the ceiling). Straighten your arm in front of you, and your opposite leg behind you. Repeat each side. This is a great core stability and core control exercise to work the deep abdominal muscles. The exercise will also strengthen the lumbar erectors and gluteal muscles.

Hold for 1-3 sec | Repeat 10 times | Perform 2-3 times daily |
Perform 3-5 days per week | Both sides

Video: <http://youtu.be/BTaCXKy53wc>

Date	Sets	Reps



Side Plank to Front Plank

Lie on your side, and form a bridge between your feet and forearms (by lifting your pelvis from the floor). This exercise works the abdominal and Oblique muscles but is also useful to build spinal stability.

Hold for 3-10 sec | Repeat 3x per side times | Perform 2-3 times daily | Rest for 30 sec | Perform 3-5 days per week

Video: <http://youtu.be/vQKLvMTYA9Q>

Date	Sets	Reps

Neutral Crunch with Progressions



Lie on your back with one knee bent and the other straight. Place your hands under your low back and find a neutral spine position. Take a breath in, as you exhale, draw your belly button towards your spine and lift your neck and shoulders off the ground 1-2". Hold for 1 sec before returning to the start position and repeating. This exercise strengthens your abdominal muscles.

Hold for 1 sec | Repeat 10-30 times | Perform 2-3 times daily | Rest for 30 sec | Perform 3-5 days per week

Video: <https://www.youtube.com/shorts/anbv51ZNRl8>

Date	Sets	Reps

Supine Bridge Basic



Lie flat on your back, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Hold for 1-5 sec | Repeat 10-15 times | Perform 2-3 times daily | Rest for 30 sec | Perform 3-5 days per week

Video: http://youtu.be/fK_xUE3OKIE

Date	Sets	Reps

Basic Strength Training Exercises



Squat

Open your legs slightly wider than shoulder width, and bend your knees to the full squat (90-degrees) position. Your feet can be pointing directly forwards, or turned out slightly. Make sure you keep the middle of your knee-cap in line with the middle toes of your foot. Always keep your feet flat on the ground.

Repeat 10-20 times | Perform 2-3 times daily | Rest for 90-120 sec | Perform 2-3 days per week

Video: http://youtu.be/d_xB-41ieqw

Date	Sets	Reps



Good Morning

Place a dowel rod or bar on your upper back above your shoulder blades. Bend forwards, keeping the back straight, sticking out your bottom and bending your knees slightly. Keep the head looking forwards.

Repeat 10-15 times | Perform 2-3 times daily | Rest for 60-90 sec | Perform 2-3 days per week

Video: http://youtu.be/zRsJn_0lnY8

Date	Sets	Reps



Single Leg Squat

Stand on one leg, and bend your knee to the 1/4 squat position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

Repeat 5-10 times | Perform 2-3 times daily | Rest for 60 sec |
Perform 2-3 days per week | Both sides

Video: <http://youtu.be/Rn3qU2xMYv4>

Date	Sets	Reps



Standing Banded Chest Press

Anchor the band securely at chest height behind you and stand facing away from the anchor point. With feet hip-width apart, or in a staggered stance (for better balance), hold one end of the band in each hand, with elbows bent and hands at chest level.

Engage your core muscles and maintain a tall, upright posture as you press both arms forward. Slowly return your hands back to the starting position and repeat the exercise.

Repeat 10-15 sec times | Perform 2-3 times daily | Rest for 60-90 sec | Perform 2-3 days per week

Video: https://www.youtube.com/shorts/TOUJ0W-_yIE

Date	Sets	Reps



Standing Banded Row

Standing with feet hip-width apart, or in a staggered stance (for better balance), hold one end of the band in each hand, with elbows bent and hands at chest level. Engage your core muscles and maintain a tall, upright posture as you pull both arms backwards to pinch your shoulder blades together. Slowly return your hands back to the starting position and repeat the exercise.

Repeat 10-15 sec times | Perform 2-3 times daily | Rest for 60-90 sec | Perform 2-3 days per week

Video: <https://www.youtube.com/watch?v=JP2xq33lNF0>

Date	Sets	Reps



Banded Shoulder Press

Stand shoulder width apart with both hands gripping the band and position your arm at a 90-degree angle. Drive the band upwards and stabilise at the top end of the movement overhead. Lower the band back to the starting position and repeat the movement.

Repeat 10-15 sec times | Perform 2-3 times daily | Rest for 60-90 sec | Perform 2-3 days per week

Video: <https://youtu.be/VWPt17BXiFU>

Date	Sets	Reps

Exercise Log



Once you're comfortable with the core exercises, use this log to track your individual workouts. For each session, record the date, the specific exercise(s) performed, and the number of sets and repetitions completed. Use the notes section to capture key details such as weight used, level of difficulty, modifications, or how you felt during the session.

Consistent tracking supports progress, reveals patterns, and helps you make informed adjustments to your routine over time.

DATE: _____

Exercise	Sets	Reps

NOTES: _____

DATE: _____

Exercise	Sets	Reps

NOTES: _____

DATE: _____

Exercise	Sets	Reps

NOTES: _____

DATE: _____

Exercise	Sets	Reps

NOTES: _____

