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These stretches will help reduce nerve pressure and muscle tension. Start with the simplest stretches Dr. Long recommended. Stop and rest if it doesn't feel right, or you begin to feel uncomfortable. Remember, if you are releasing your breath (try humming or counting out loud) this will help you release back tension during the stretch. It is better to stretch for several 5 min. sessions, rather than one long session during the first few weeks of treatment. Patients who follow Dr. Long's instructions regarding heat/ice therapy, nutritional support and exercises will recover more quickly, require less treatment and remain well longer!

