

# Stretches to AVOID!

## Plough/Plow:

This may stress the nerves and disks in the neck and lower back region.



## Candle:

This may stress the nerves and disks in the neck and spinal regions.



## Neck Circles:

May pinch the nerves in the neck and irritate the disks.

## Full Sit-ups:

Places undue stress on neck, and lower back. May cause injuries to the coccyx.



## Leg Lifts:

This causes the disks in the lower back to compress causing undue stress.



## Arm Circles:

This stresses the shoulder ligaments and joint.

## Cherry Pickers and Toe Touches:

May cause severe lower back strain. May cause injuries to knee and ankle joints.



## Full Squats:

Places excessive strain on knee and ankle ligaments; and ankle and foot tendons.



## Head Stand:

This may stress the nerves and disks in the neck and spinal regions.

## Windmill:

May cause severe lower back strain. May cause injuries to knee and ankle joints.



## Flamingo:

Standing on one foot, while holding the other foot up to your gluteus; supposedly stretches the quadricep. This puts undue stress on (compromises) the knee, hip, and ankle joint; pulls the lower back; body is out of alignment; and imbalance creates injuries.