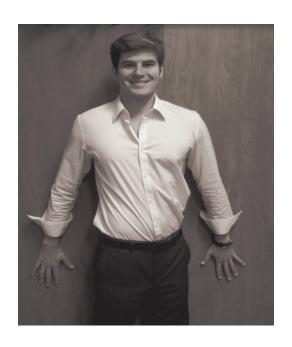
## OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION

SPINAL CORREVTIVE EXERCISES

## PELVIC ROTATION RELATIVE TO BOTH THE THORAX AND PELVIS



- Step 1. Stand with your heels six inches from a wall.
- Step 2. Place hands against the wall to stabilize the thorax and head.
- **Step 3**. Without moving your feet or rib cage relative to the wall, turn your pelvis so the Left hip goes backwards towards the wall.
- **Step 4**. Hold the position for 10 seconds.

Do 10 repetitions 3 times per day.