

OVIEDO FAMILY CHIROPRACTIC

PRESRIPTION

SPINAL CORRECTIVE EXERCISES

LATERAL FLEXION STRETCH



Step 1. Hold a weight (a milk carton will do) in the Left hand. The weight is allowed to hang freely from a straight arm.

Step 2. Exhale and at the same time the Right hand pulls the head to the Right side. The goal is to touch the ear to the shoulder for a count of 10.

Do 10 repetitions 3 times per day.

*****Benefits.** These exercises will help strengthen the spinal nerves which connect to arms, heart, lungs, thyroid, chest, head and glands of immune system.