

# OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION

## SPINAL CORRECTIVE EXERCISES LATERAL THORACIC FLEXION STRETCH



**Step 1.** Stand with your feet slightly apart and back against a wall, place hands behind head, and bend to the Right.

**Step 2.** Attempt to reach the upper elbow to the ceiling.

**Step 3.** Do not bend at the waist or hips.

**Step 4.** Hold the position for 5 seconds.

Do 10 repetitions 3 times per day.

**\*\*\*Benefits.** These exercises will help strengthen the spinal nerves which connect to gall bladder, liver, diaphragm, stomach, pancreas, kidneys, adrenals and chest.