

OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION

SPINAL CORRECTIVE EXERCISES LATERAL FLEXION STRETCH



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

Step 2. Exhale and at the same time the Left hand pulls the head to the Left 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.