

# MILLS CHIROPRACTIC CENTER

[www.millschiropractic.com](http://www.millschiropractic.com)

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## **Lumbar Extension**

- Lie face down on the floor, but rest on your forearms.
- Arch your spine and look straight ahead.
- Breathe deeply for up to 2 minutes.
- As the spine relaxes, you can increase the extension by putting your hands on the floor and pushing your body further away.