

**OVIEDO FAMILY CHIROPRACTIC
PRESCRIPTION
SPINAL CORRECTION EXERCISE
ANTERIOR SHOULDERS EXERCISE**



Step 1. Stand with back to a wall.

Step 2. Place heels, hips, shoulders and skull against wall.

Step 3. Hold arms out to the sides with palms forward, also against the wall.

Step 4. Hold for up to 3 minutes. Repeat 2-3 times daily.

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