

# OVIEDO FAMILY CHIROPRACTIC

## PRESRIPTION

### 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.