

OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION

SPINAL CORRECTIVE EXERCISES SPECIFIC THORACIC TRANSLATION



Step 1. Sit on level surface with hands placed on sitting surface.

Step 2. Using low back and abdominal muscles push the whole rib cage, neck and head to the Left side laterally as far as possible.

Step 3. Keep buttocks in contact with chair. Hold for 10 seconds.

*****Benefits:** These exercises will help strengthen the spinal nerves which connect to bowel, bladder, sex organs, legs and feet.

Do 10 repetitions 3 times per day