

**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.