

OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION

SPINAL CORRECTIVE EXERCISES SKULL TRANSLATION STRETCH



Step 1. Place shoulders against the wall then press head against wall to the right.

Step 2. Keep chin parallel to your shoulders and straight forward.

Step 3. Hold the position for 10 seconds.

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.