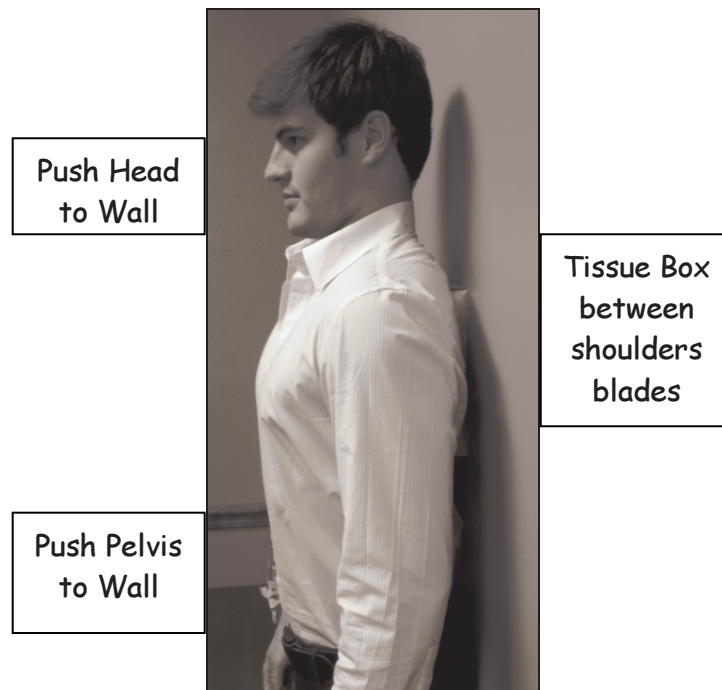


OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION SPINAL CORRECTIVE EXERCISES

FULL LATERAL EXERCISE



- Step 1.** Stand with back to a wall and feet 12 inches forward.
Step 2. Place an object size of tissue box (2 inches thick) at mid rib cage.
Step 3. Push both the head and pelvis to the wall.
Step 4. Hold 10 seconds as one repetition.

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.