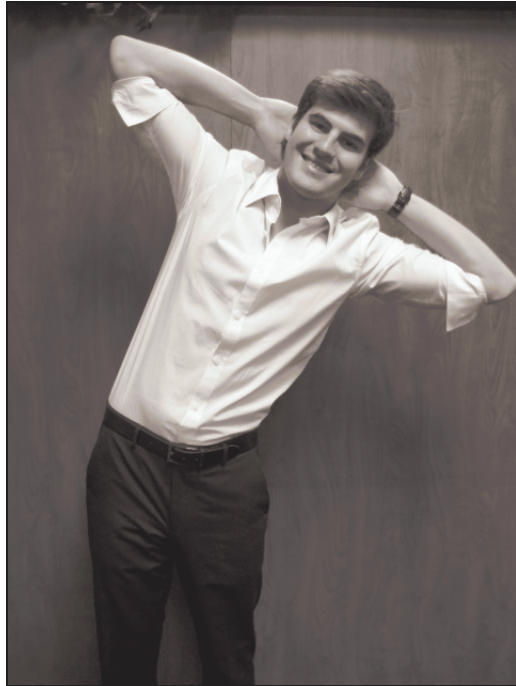


OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION

SPINAL CORRECTIVE EXERCISES LATERAL THORACIC FLEXION STRETCH



Step 1. Stand with your feet slightly apart and back against a wall, place hands behind head, and bend to the Left.

Step 2. Attempt to reach the upper elbow to the ceiling.

Step 3. Do not bend at the waist or hips.

Step 4. Hold the position for 5 seconds.

Do 10 repetitions 3 times per day.

*****Benefits.** These exercises will help strengthen the spinal nerves which connect to gall bladder, liver, diaphragm, stomach, pancreas, kidneys, adrenals and chest.