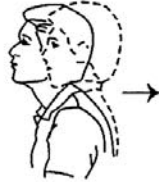


Stretches and Exercises Reconstructive Exercises



CERVICAL SPINE 1: Flexibility: Neck Retraction



Pull head straight back keeping jaw and eyes level. Hold 30 seconds. Repeat 6 times. Do twice daily.

CERVICAL SPINE 2: Towel under neck



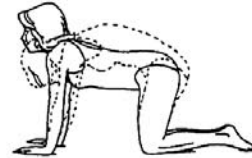
Lay on towel with neck over towel for 15 minutes morning and evening.

THORDCIC SPINE 3:



Towel along middle of back length wise.

THORDCIC SPINE 4:



Tuck chin and tighten stomach arching back. Hold 30 seconds. Repeat 6 times. Do twice daily.

LUMBAR SPINE 5:

- (1) Abdominal Curl
- (2) Quadriцеп Stretch
- (3) Hamstring Curls

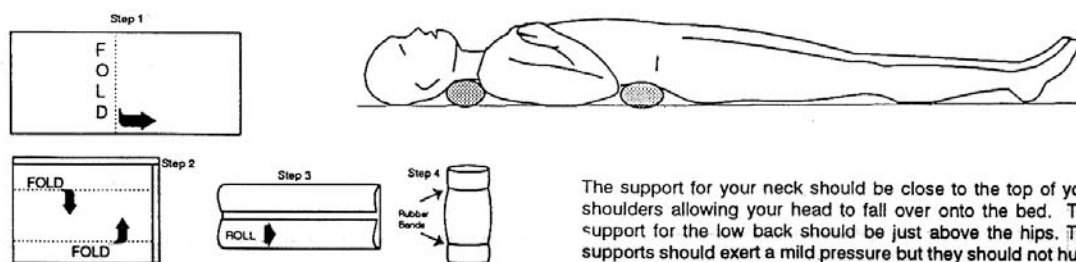
LUMBAR SPINE 6:



Towel in mid lumbar spine 10 - 15 minutes morning and evening.

LYING ON SPINAL SUPPORTS

This procedure allows the discs of the spine to mold into proper position. Its continued application will assist in normalizing the curves in your spine. You should lie on the supports at least 15 minutes in the morning and evening.



The support for your neck should be close to the top of your shoulders allowing your head to fall over onto the bed. The support for the low back should be just above the hips. The supports should exert a mild pressure but they should not hurt.

HinterlandChiropractic
7 Price St., Nerang QLD 421 1
Phone: (07) 5527 313 3
Fax: (07) 5527 304 7

BeaudesertRdChiropractic
118 Anzac Ave, Browns Plains QLD 411 8
Phone: (07) 3806 868 6
Fax: (07) 3806 801 4