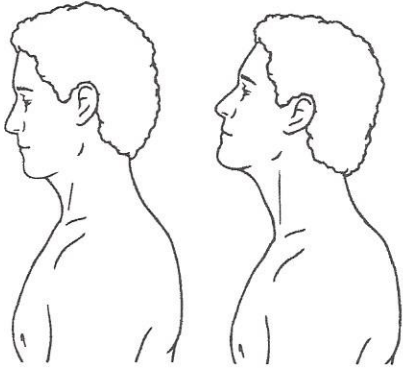


CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.  
Hold retracted head back for 30 seconds. Perform exercise 5-10 x daily.

CERVICAL SPINE - 26 Flexibility: Neck Stretch

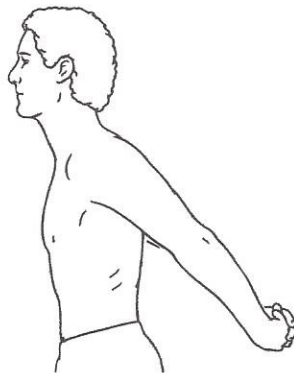
Grasp right arm above wrist and pull down across body while gently tilting head same direction. Hold 30 seconds. Relax.



Repeat 5-10 times per set per day

CERVICAL SPINE - 29 Chest / Bicep Stretch

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 30 seconds.



Repeat 5-10 times daily

SHOULDER - 13 ROM: Caudal Glide

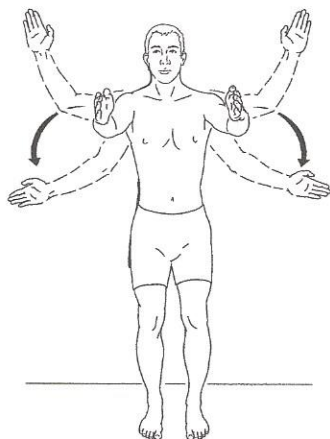
Hold edge of chair firmly with right hand. Lean trunk away from stabilized arm. Hold 30 seconds. Then perform on the opposite side.



Repeat 5-10 times daily.

UPPER TRUNK - 27 Back to Wall Horizontal Abduction – Standing

Lift arms forward to 90°. Move arms out to sides squeezing shoulder blades together. Lower arms.



Perform 5-10 times daily. Each motion of up and down should last about 5 seconds

HIP / KNEE - 34 Stretching: Hip Flexor

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds.



Repeat 5-10 times daily. For every hours you sit try to stretch for about 30 seconds to stretch the hip flexor.

If you feel any tenderness or soreness while performing these exercises, stop and contact your chiropractor before continuing with this routine.