

exercises to be carried out only under the instruction of your chiropractor



**A** Stand with your feet 3 feet apart, knees locked straight.



**B** Using your right hand, reach forward trying to touch your left big toe. Allow your left arm to raise straight, behind you.



**C** Turn your head up to look at your raised left hand to get full rotational effect.

*Repeat 10-15 times, 2 times a day.*