

## Daily Spinal Hygiene Full Spinal R.O.M. Exercises

- Each of these exercises will be performed for both sides of the body.
- For each exercise move to maximum range of motion and hold for a minimum of 30 seconds. Do at least 3-4 times daily.
- Make sure you continue breathing with a relaxed face while stretching.

### Neck Rotation

Rotate head to one side as far as possible and hold.



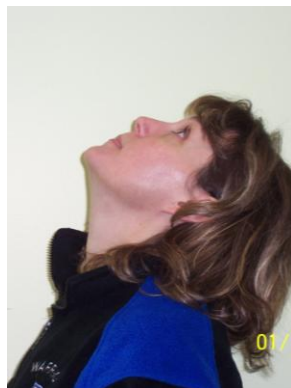
### Neck Lateral Flexion

Pull left arm down and across back while laterally flexing head to right and left.



### Neck Extension

Extend head back as far as possible and hold. Discontinue and tell doctor if dizziness occurs.



### Neck Flexion

Flex head forward as far as possible and hold.



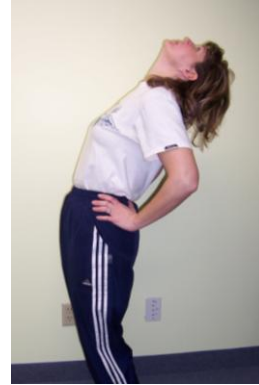
### **Spinal Forward Flexion**

With knees straight, slowly bend forward and flex spine as much as possible and hold.



### **Spinal Backward Extension**

With knees straight slowly extend backward as much as possible and hold. Discontinue and inform doctor if dizziness occurs.



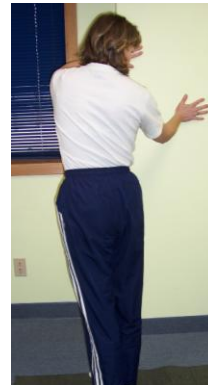
### **Spinal Lateral Flexion**

With knees straight bend to the side and slide your hand down your leg as far as possible and hold.



### **Spinal Rotation**

Firmly plant feet on ground shoulder width apart. Place hands on wall and rotate head, shoulders and hips as far as possible and hold



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