

SPINAL HYGIENE



SPINAL WHAT?!

Regular Chiropractic care and spinal hygiene exercises are a powerful combination to keep your spine moving and in good health.



FLEX AND EXTEND

Moving your head; tuck your chin to your chest and lift your chin to the sky. Then with a flat back and straight legs bend forward and extend back.



SIDE BEND

Bring your left ear to your left shoulder and right ear to right shoulder. Then at the waist bend to the left and to the right.



ROTATION

Turn your head right and left. Rotate your trunk right and left.



PRESCRIPTION

Hold each position for 15 seconds at their end range of motion. Perform twice daily. If you experience symptoms like stiffness, numbness, tingling, dizziness, headaches, discomfort or pain this is a cause of concern and an evaluation by a trusted Chiropractor is necessary.



NORTHWOOD
CHIROPRACTIC & WELLNESS