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# spinal exercise therapy: e

prepared for. \_\_\_\_\_

date. \_\_\_\_\_

note.

If there is pain during or immediately after exercise, discontinue and report your symptoms to your doctor.

These spinal exercise have been especially selected and prepared for you. When accompanied by chiropractic adjustments, they will assist the doctor in the correction of your spinal distortion and postural faults and prevent the recurrence of your pain. These exercise will strengthen your upper back muscles and stretch your chest muscles. They will help take the load off the spinal column.

## 1 exercise for round shoulders

Lie on your stomach. Clasp your hands behind your back at the waist. Now raise your head, shoulders, and upper body while arching your back. Pull your shoulder blades together strongly. Slowly lower yourself to the starting position. Now relax your muscles completely for a brief moment. Repeat 5 times and gradually build up to 20 repetitions.

1



## 2 neck and shoulder arching

Lie face down on the carpet. Clasp your hands behind your neck with your elbows on the floor. Slowly raise your neck and elbows as high off the floor as you can. Hold for the count of five, then slowly relax. Rest for a moment. Repeat 5 times and gradually build up to 20 repetitions.

2



## 3 chest stretch

Lie on your back on the carpet with your knees bent. Place a pad under your shoulder blades (two folded towels). Clasp your hands behind your neck. Keep your neck and lower spine as flat as possible. Now pull your shoulder blades together and pull your elbows back towards the floor.

3



## 4 shoulder blade pinching

Lie on your back on the carpet. Clasp your hands behind your head with your elbows flat against the floor. Now pull your shoulder blades together. Then raise your chest off the floor. Hold for a count of three, then slowly relax. Repeat 5 times, and gradually work up to 10 repetitions.

4

