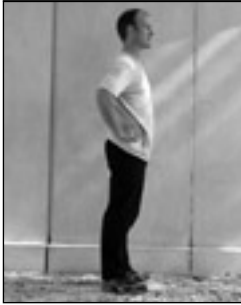
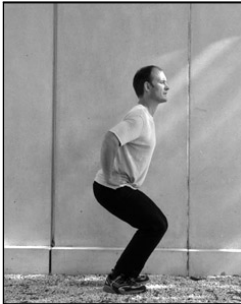


exercises to be carried out only under the instruction of your chiropractor



- A** Stand straight looking ahead.
Ensure feet are pointing forward.
Place your hands on your hips.



- B** Bend knees half way making sure your back is straight yet your bottom sticking out.
Hold for 3 seconds.

Repeat 20 times daily.