

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



- A** Lie flat on the floor. Pull your knees/thighs up so they are 90° or less to your chest.



- B** Place your hands cupping your ears. Bring the right elbow towards the left knee pausing 2 inches before they meet.



- C** Bring in the left knee to touch the elbow. Lie back down and repeat steps 2 and 3 with the opposite knee.



- D** Bring the left elbow towards the left knee and the right elbow towards the right knee pausing 2 inches before they meet. Bring in both knees to touch their respective elbows.

Repeat 10 times.