

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. Now co-contract (see sheet *Lower back, 6 Co-contraction exercise*).



- B** Slowly, and with complete symmetry, lower the right leg and left arm down to 1 inch off the floor. Hold for 2 seconds.



- C** Raise arm and leg back with complete symmetry to the starting position.

Repeat action to the other side.

*Repeat 10 times each side daily.*

*Each day increase by 1 repetition.*

*Remember! quality not quantity is best on this exercise.*

*You may harm your back if you do not co-contrast throughout the full range of the exercise.*