

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

Wear soft rubber soled shoes or go barefoot for this exercise.



- A** Kneel with your feet firmly planted against a wall and roll the ball against your thighs.



- B** Crouch over the ball and place both hands behind your head. Stabilise yourself.



- C** Raise your body up so that your back is straight. Do not arch your back.

Start with 10 times a day, building up to 20 times a day.