

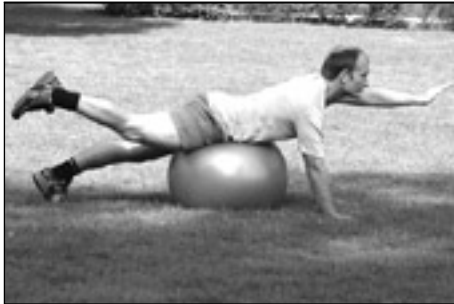
exercises to be carried out only under the instruction of your chiropractor



A Kneel on the floor with your chest on the ball.



B Roll forward on the ball, straightening both legs.



C Lift one leg and opposite arm. Hold for 4 seconds. Lower and repeat with the opposite arm and leg.

Repeat 20 times daily.