

OVIEDO FAMILY CHIROPRACTIC PRESCRIPTION

SPINAL CORRECTIVE EXERCISES

PELVIC ROTATION RELATIVE TO BOTH THE THORAX AND PELVIS



Step 1. Stand with your heels six inches from a wall.

Step 2. Place hands against the wall to stabilize the thorax and head.

Step 3. Without moving your feet or rib cage relative to the wall, turn your pelvis so the Left hip goes backwards towards the wall.

Step 4. Hold the position for 10 seconds.

Do 10 repetitions 3 times per day.