



OPTIMAL
WELLNESS FOR LIFE
CHIROPRACTIC CENTER

At Home Exercises

CERVICAL CURVE RECONSTRUCTION EXERCISE

Complete 5-7 times a week



ROLL UP A HAND TOWEL

PLACE TOWEL UNDER CERIVCAL SPINE

**HANG YOUR HEAD OFF AN EDGE WITH
TOWEL SUPPORTING YOUR NECK**

RELAX INTO THIS POSITION FOR 5-7 MINS

CERVICAL STRETCHES

Complete 5-7 times a week

**BRING YOUR HEAD TOWARDS YOUR
SHOULDER**

**GENTLY APPLY A PULL/STRETCH AND
HOLD FOR 10 SECONDS**

COMPLETE ON OPPOSITE SIDE

