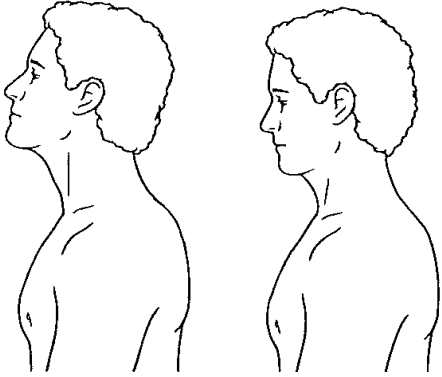
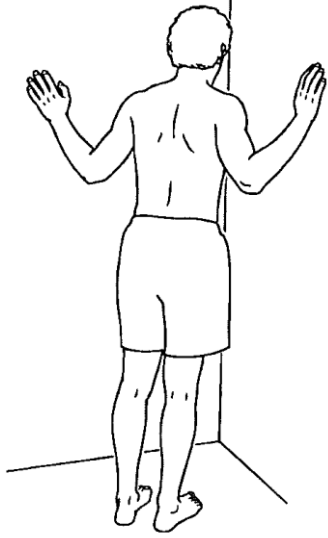
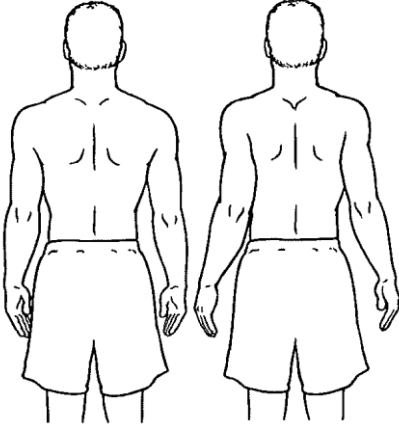
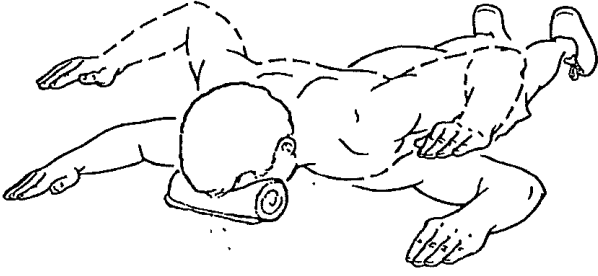




CHOY
CHIROPRACTIC

<p>CERVICAL SPINE- 25 Flexibility: Neck Retraction/Chin Tucks</p>	<p>SPINE- 24 Flexibility: Corner/Doorway Stretch</p>
 <p>Pull head straight back, keeping eyes and jaw level.</p> <p><u>Repeat 10 times per set. Do 2 sets per day.</u></p>	 <p>Standing in corner or doorway with hands just above shoulder level, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.</p> <p><u>Repeat set 2 times per day.</u></p>
<p>SHOULDER- 101 Scapular Retraction (Standing)</p>	<p>SHOULDER- 107 Scapular Retraction: Abduction</p>
 <p>With arms at sides, pinch shoulder blades together, hold 3 seconds.</p> <p><u>Repeat 10 times per set. Do 2 sets per day.</u></p>	 <p>Lie with upper arms straight out from sides, elbows bent to 90 degrees. Pinch shoulder blades together and raise arms a few inches from floor.</p> <p><u>Repeat 10 times per set. Do 2 sets per day.</u></p>

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