

Daily Spinal Hygiene

SPINAL R. O. M.

Take the spine (both neck and back) to the end range of motion in each plane.

Hold each for a **10 second count**.



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The spine moves in **three planes of motion**.

01 Flexion and extension

02 Lateral bending

03 Rotation



NECK



Hold for 10 seconds.



BACK



Hold for 10 seconds.



Spinal Molding Instructions



This "loosens" the spine and creates a less viscous inner-disc preparing it for molding.

Rules for Spinal Molding

01 Spinal Molding should be done every night before going to bed. Just like you brush your teeth!

02 The spine should move through a full range of motion in each direction. Sit on the edge of your bed or in a chair. While sitting very straight and looking slightly upward, raise shoulders to 90 degrees and bend elbows inward so knuckles are touching. Slowly twist back and forth 10-25 times to limber the spine.



STRENGTH & POSTURE



Spinal Molding Instructions



Rules for Spinal Molding

03 Take 2 foam rolls approximately 3-5 inches in diameter (or 2 rolled towels). Place one under the curve of your neck and one under the curve of your low back. (for 5-20 min.)

Spinal Molding Instructions

Rules for Spinal Molding

04 Along with regular Chiropractic visits this exercise will help maintain proper curves in your spine. (Even if you only do it 3-4 times a week you will be better off than most people who do nothing at all and expect their spine to stay healthy!)

TIP: Do this laying on your bed, laying on a hard surface such as the floor may be uncomfortable.



Instructional videos found on this site.