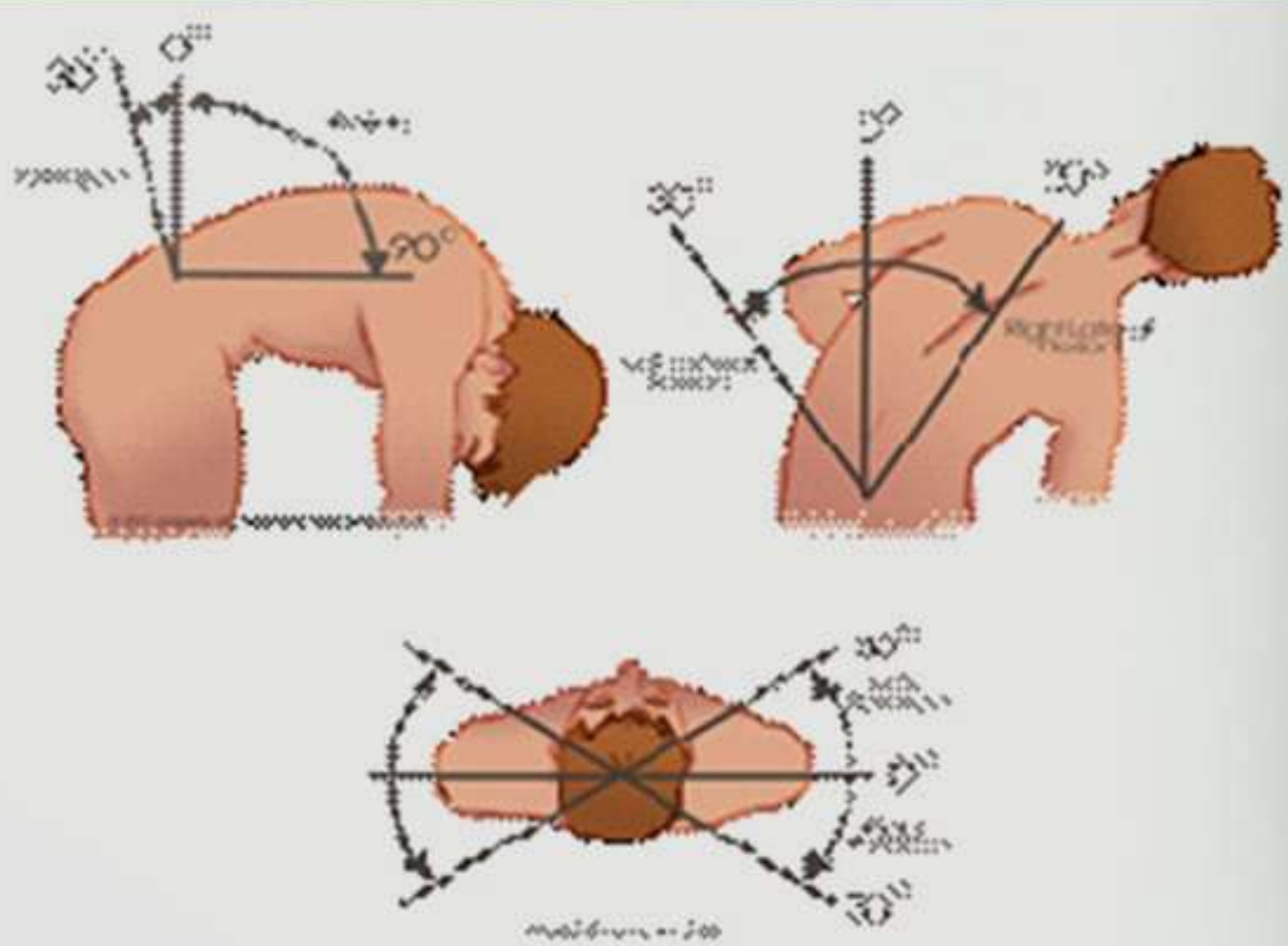


INSTRUCTIONS:

Visit www.HomeSpinalCare.com: Instructions are in the back of the book, but if you need any more instruction about the exercises below you can watch the videos available here.



RANGE OF MOTION STRETCHES:



Perform this exercise every morning upon arising (and as many times throughout the day as desired). Bend forward hold for 10 seconds. Bend back hold for 10 seconds. Bend sideways hold for 10 seconds. Bend to other side hold for 10 seconds. Twist hold for 10 seconds. Twist to other side hold for 10 seconds. Perform this exercise for both the neck and low back. (Tips: No bouncing or quick movements while performing the exercise. If anything causes a moderate/severe pain stop doing that and move on to the next one.)

THERA-BAND EXERCISE:



Perform this exercise once a day. Put the thera-band around the back of your head and hold the ends out in front of you with one end in one hand and the other end in the other hand. Make sure your shoulders are extended at 90 degrees and your elbows are extended at 90 degrees directly in front of you. Keep good posture and look directly in front of you the entire time. Apply tension on the thera-band and pull chin straight back while still facing straight ahead (do not tilt the head up or down while trying to pull the chin straight back). Hold for 10 seconds. Relax for 10 seconds. That is one set. You may perform up to 3 sets.

WOBBLE BALL EXERCISE:



Perform this exercise once a day. Sit on the wobble ball and bend your spine forward and back 10 times (Do not only bend at the waist. Imagine putting a C shape throughout the entire spine). Bend your spine side to side 10 times (Do not only bend at the waist. Imagine putting a C shape throughout the entire spine). Rotate your low back around in circles 10 times (imagine you are using a hula hoop). Rotate your low back around in circles the other way 10 times. This is one set. You may do up to 3 sets.

SPINAL MOLDING:



Perform this exercise every night before bed (and again in the morning if desired). Place one roll under the curve of the neck and the other roll under the curve of the low back. Allow your spine to mold from 5-20 minutes depending on tolerance. (Tips: Lay on a soft bed to decrease the intensity of it. Bend at the knees to decrease the intensity of the low back roll.)