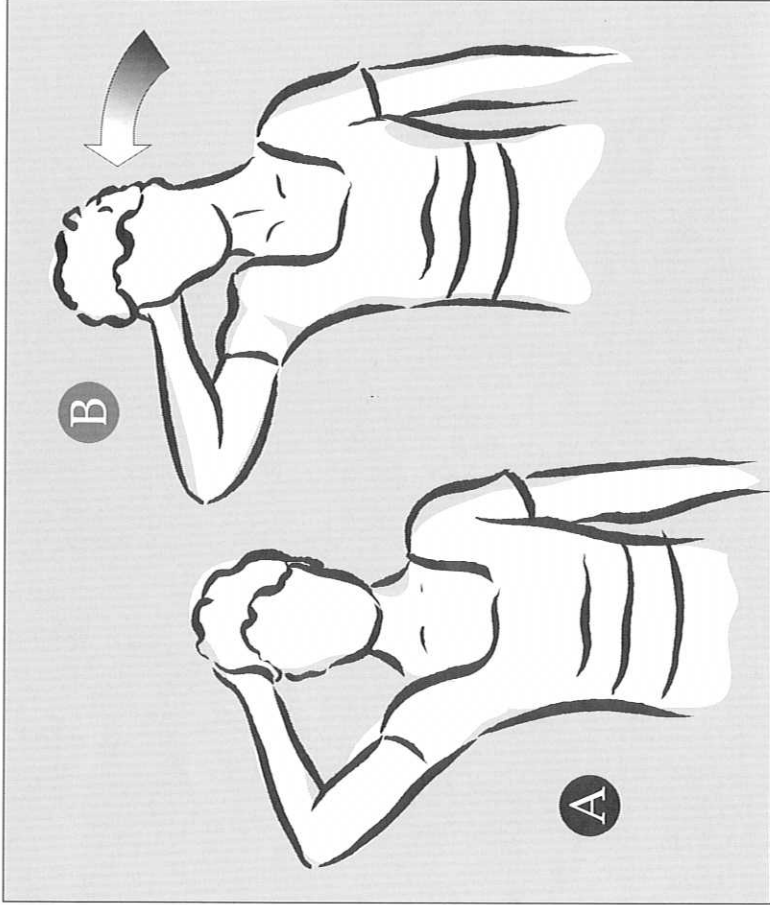


ACTIVE+

Side Bend with Rotation

CERVICAL



STARTING POSITION

Hold your right hand over your right ear.

EXERCISE

Gently tilt your head to the right into your right hand. Resist any movement of your head with your hand. Start with light pressure, build to maximum pressure, then return to light pressure. Repeat on left side.



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Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

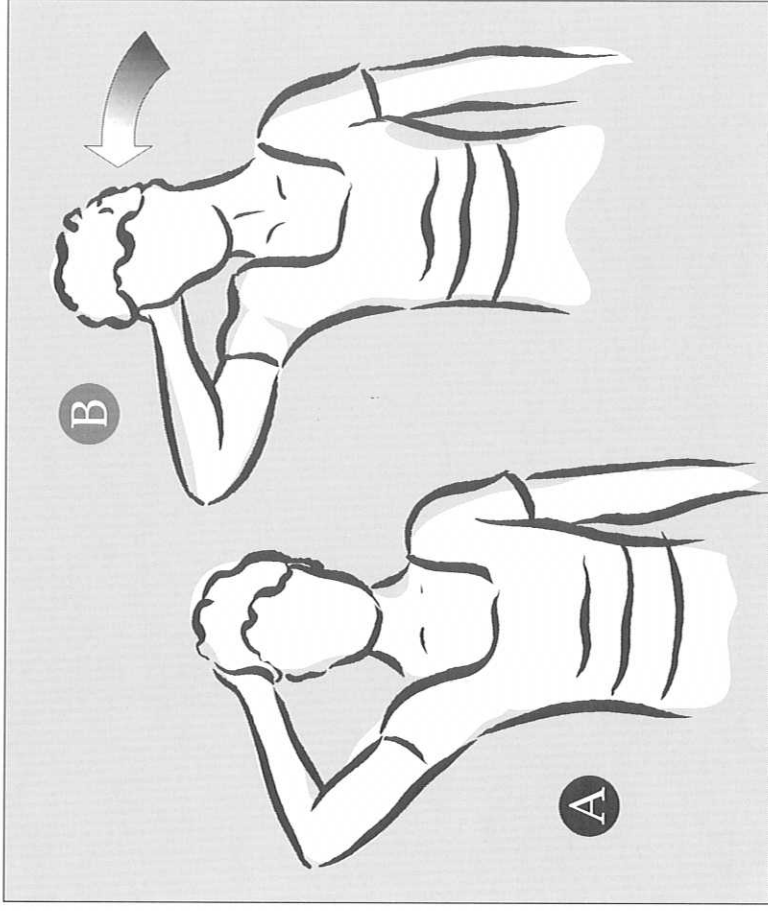
EXERCISE

6

ACTIVE+

Side Bend with Rotation

CERVICAL



STARTING POSITION

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EXERCISE

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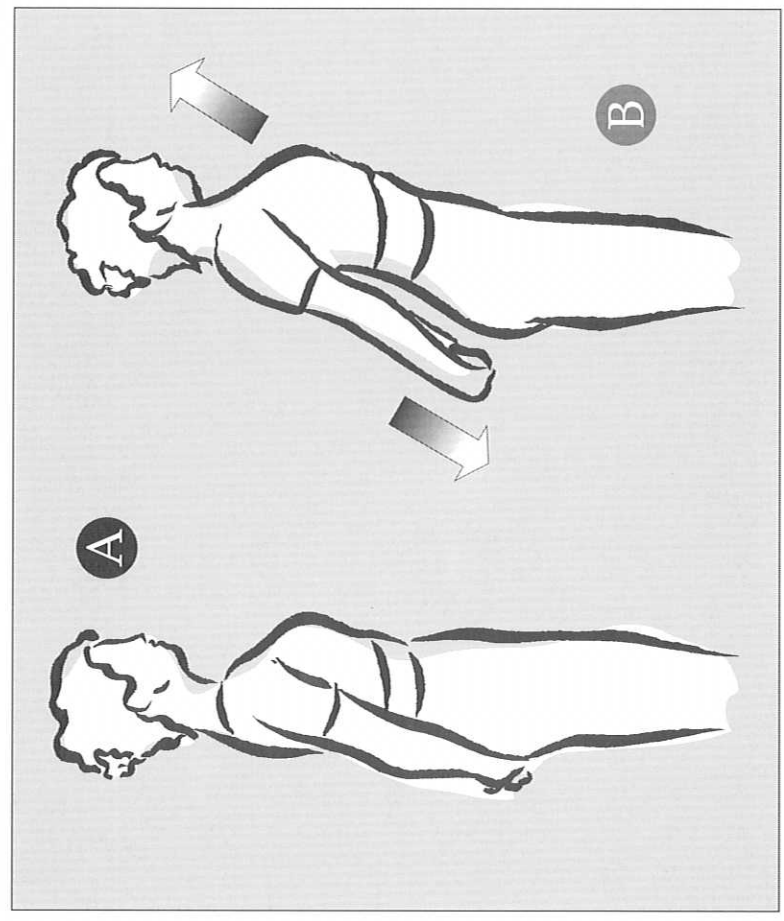
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

PASSIVE

Thoracic Extension

THORACIC



STARTING POSITION

Stand with both hands clasped behind you.

EXERCISE

Slowly pull your shoulders backwards, and your hands away from you, whilst inhaling deeply. Return to the starting position.



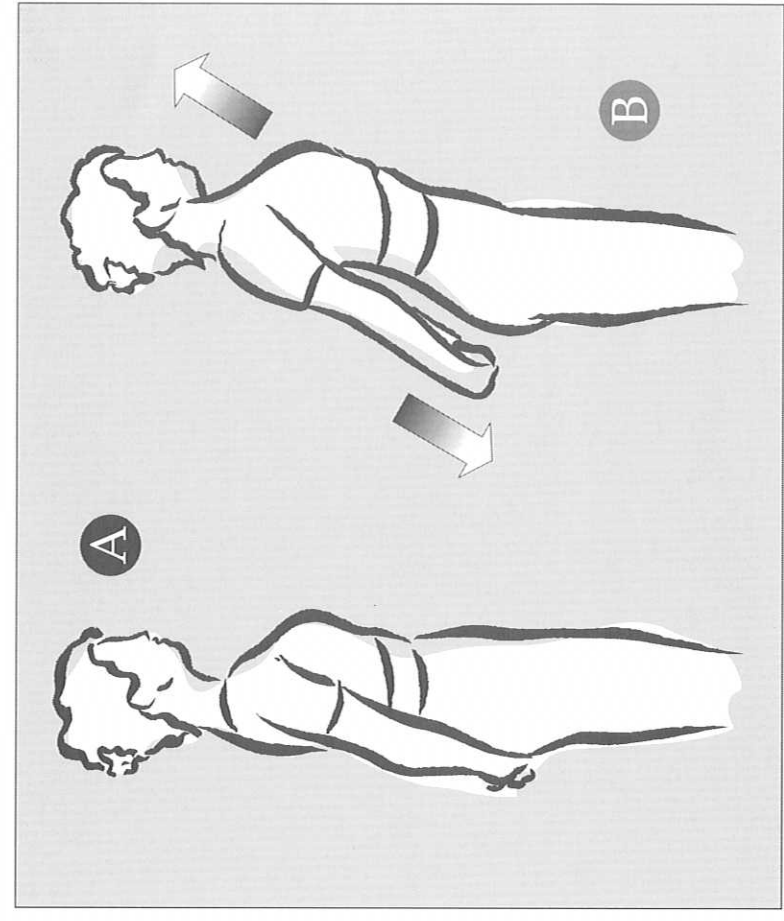
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

PASSIVE

Thoracic Extension

THORACIC



STARTING POSITION

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Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

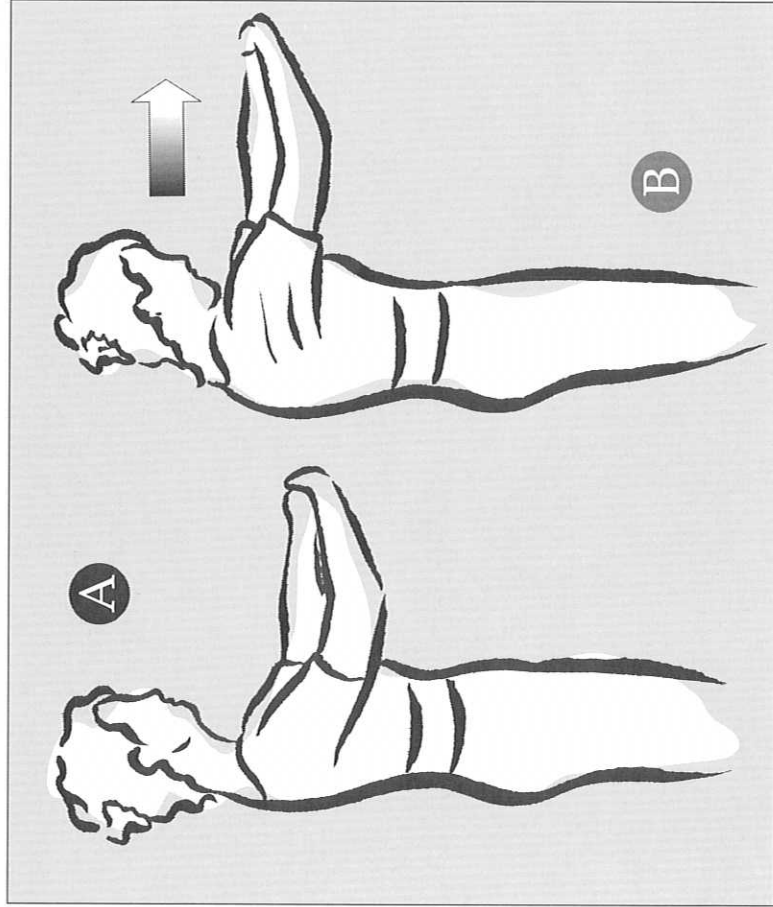
PASSIVE

Thoracic Flexion

THORACIC

8

EXERCISE



STARTING POSITION

Sit or stand holding arms out in front of you, keeping the elbows bent and linking the fingers.

EXERCISE

Slowly push your arms outwards making sure elbows are bent at all times, until you feel a stretch in your shoulders and mid back.



British Chiropractic Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

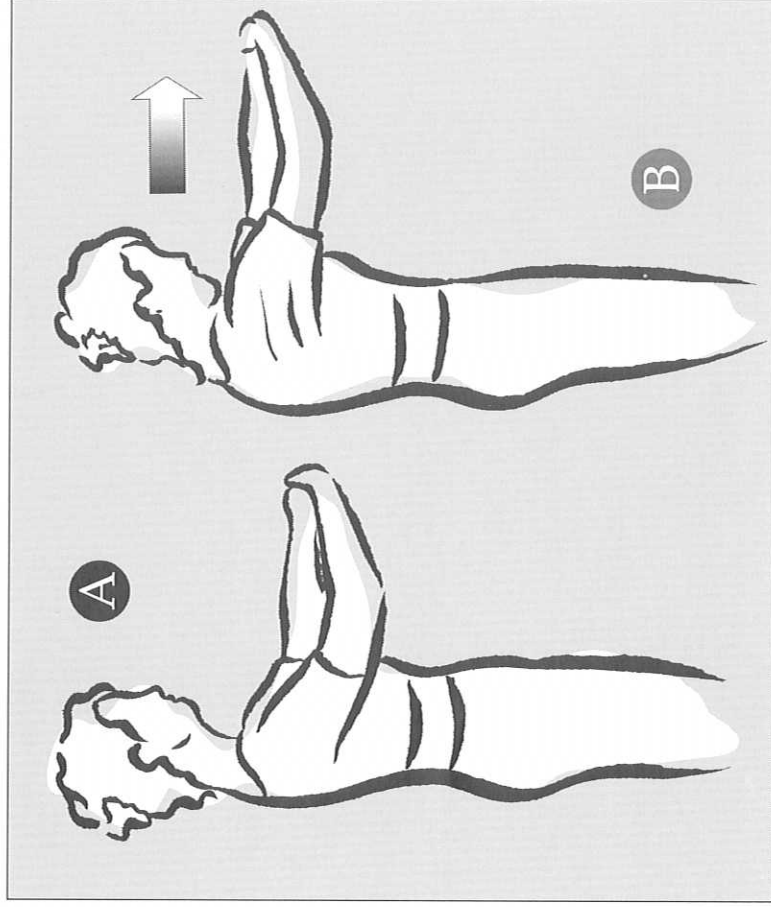
Special Precautions/Comments: _____

8

EXERCISE

Thoracic Flexion

THORACIC



STARTING POSITION

Sit or stand holding arms out in front of you, keeping the elbows bent and linking the fingers.

EXERCISE

Slowly push your arms outwards making sure elbows are bent at all times, until you feel a stretch in your shoulders and mid back.



British Chiropractic Association

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

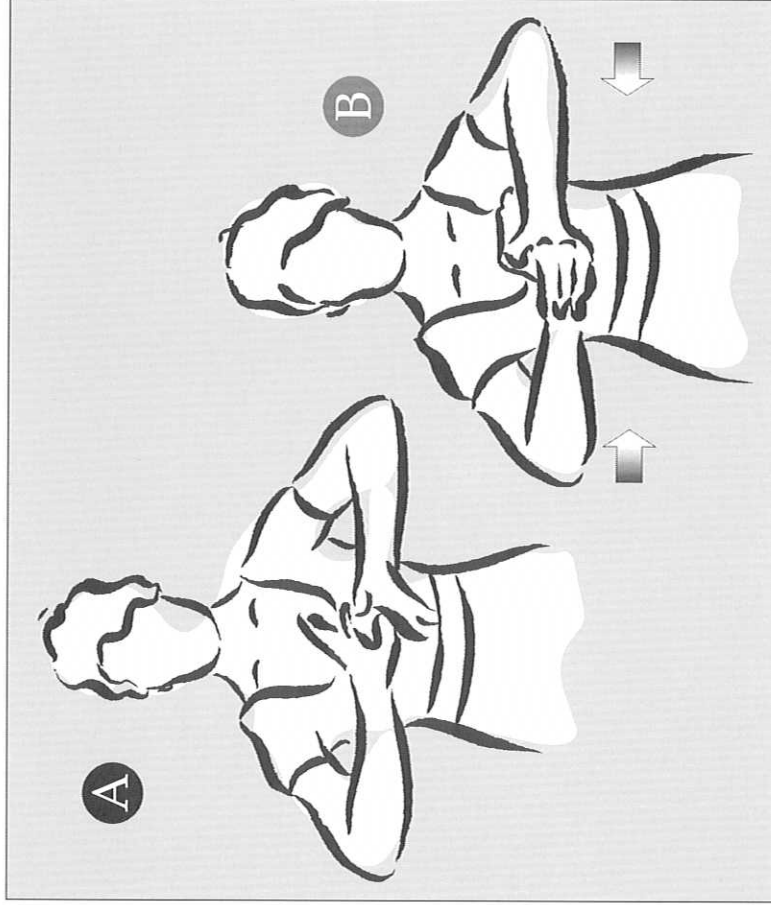
Special Precautions/Comments: _____

ACTIVE

Pectoral Tensing

THORACIC

EXERCISE 9



STARTING POSITION

Sit with arms parallel to the ground and hands palm to palm.

EXERCISE

Gradually push the hands together, building up the tension. Return to starting position.



Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

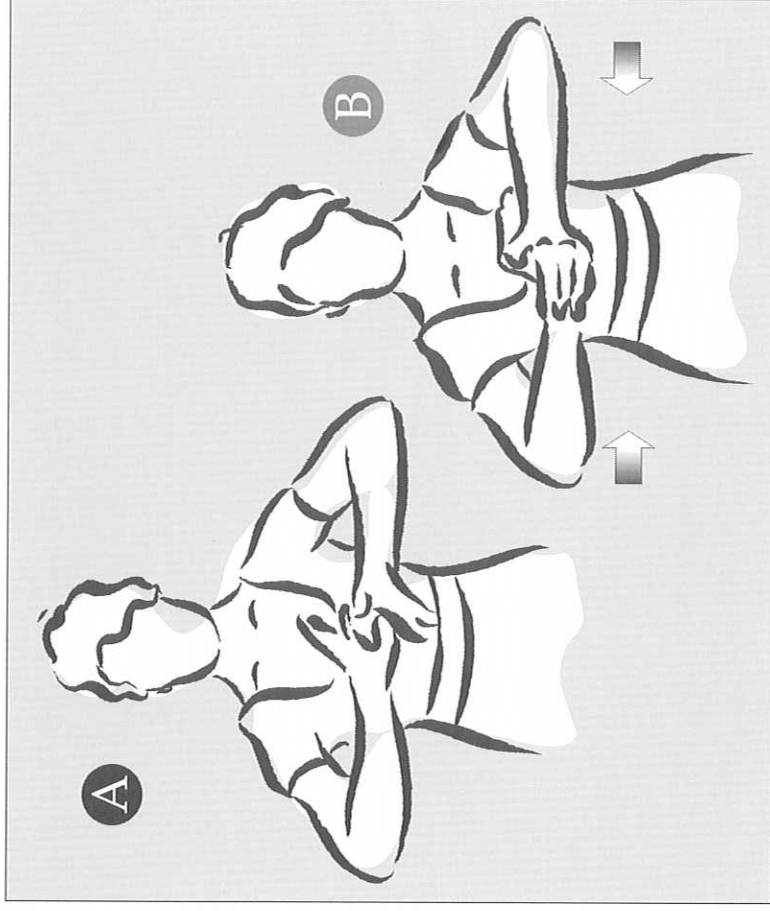
Special Precautions/Comments: _____

ACTIVE

Pectoral Tensing

THORACIC

EXERCISE 9



STARTING POSITION

Sit with arms parallel to the ground and hands palm to palm.

EXERCISE

Gradually push the hands together, building up the tension. Return to starting position.



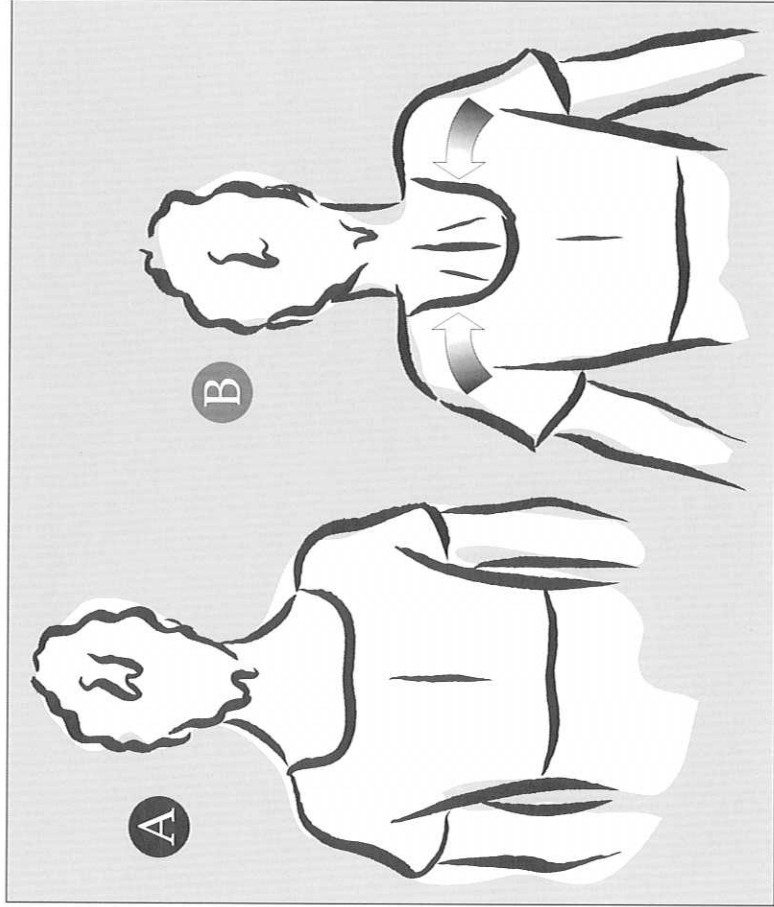
Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

ACTIVE

Scapular Retraction

THORACIC



STARTING POSITION

Standing or sitting.

EXERCISE

Pull your shoulders backwards by squeezing your shoulder blades together.

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____



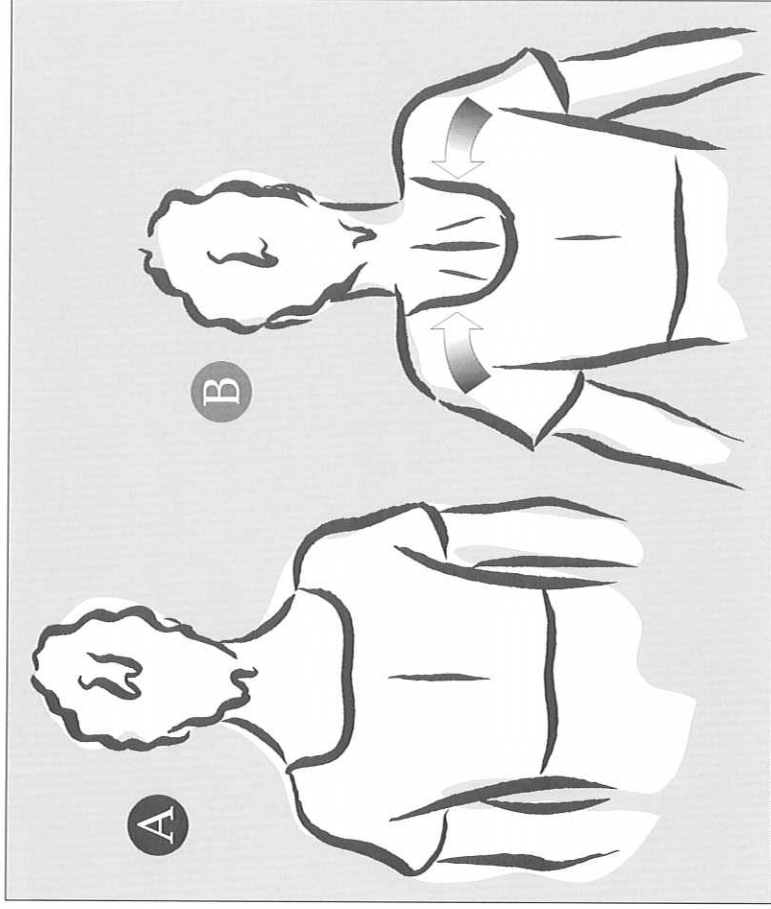
EXERCISE

10

ACTIVE

Scapular Retraction

THORACIC



STARTING POSITION

Standing or sitting.

EXERCISE

Pull your shoulders backwards by squeezing your shoulder blades together.

Hold _____ seconds / Repeat _____ times / Do _____ sessions per day

Special Precautions/Comments: _____

