

## **Phase 1 – Initiating Normal Spinal Motion**

### **Activities to Avoid or Minimize**

1. Sitting
2. Standing with weight on one foot
3. Reading on back with head flexed forward
4. One sided sports (always practice both hands)
5. Carrying bags on one shoulder
6. Sleeping on stomach
7. Cradling phone between shoulder and ear
8. Watching T.V. (no justification possible)
9. Repetitive activities with arms in front or overhead
10. Poor posture during any activity

### **Good choices to make**

1. Follow the Innate Physical Fitness Plan
2. Daily Innate Spinal Hygiene
3. Regular Chiropractic Spinal Checkups
4. Sitting on ball with good posture at good work station
5. Frequent breaks with exercises and stretches
6. Maximize opportunity for physical daily living tasks
7. Hobbies that require physical exertion
8. Finding an exercise buddy or group
9. Gymnastics, Yoga, Pilates, or equivalent
10. Set mirrors in car so you can only see out of them with proper posture
11. Dance!!
12. Own a wobble board or mini tramp and a Swiss ball

### **The Wellness Practice AHC Wall Exercise**

- Place heels, buttock, upper back, and head against wall.
- Bring arms up with right angles at shoulder and elbow and externally rotate attempting to bring forearms and back of hand against the wall while keeping the elbows against the wall.
- Tuck chin slightly to create flexion in upper cervical spine.
- Relax and inhale, exhale slowly while pressing back of head and arms against wall.
- Progress slowly in terms of number of representations and force applied; Hold for 30 seconds.

#### **Relax and Inhale**



#### **Exhale and Press Arms Back**



### **The Wellness Practice Wall AHC Exercise with Abdominal Core Breathing**

- Inhale slowly and as deeply as possible through nose and fill abdomen with air, push stomach out.
- Slowly exhale through relaxed mouth (relax entire face) emptying and flattening abdomen (pull belly button inward toward spine as you exhale), flexing buttocks. Exhale as much air as possible and bring belly button in as much as possible. Your stomach and buttocks should be contracting tightly.

### **The Wellness Practice Doorway Stretch**

- Stand in doorway with shoulders and elbows at right angles keep head pulled back and chin slightly tucked.
- Walk or lean through doorway forcing arms posterior and stretching chest, shoulders, and external rotators.
- Relax and inhale, exhale slowly while actively stretching; Hold for 30 seconds.



## The Wellness Practice Daily Full Spinal R.O.M. Exercises

- Each of these exercises will be performed for both sides of the body.
- For each exercise move to maximum range of motion and hold for a minimum of 30 seconds.
- Make sure you continue breathing with a relaxed face while stretching.

### Neck Rotation

Rotate head to one side as far as possible and hold.  
Repeat on opposite side.



### Neck Lateral Flexion

Pull left arm down and across back while laterally flexing head to right.  
Repeat on opposite side.



### Neck Extension

Extend head back as far as possible and hold. Discontinue and tell doctor if dizziness occurs.



**Spinal Forward Flexion**

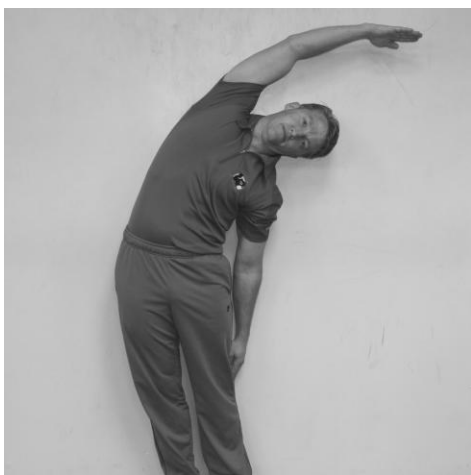
With knees straight, slowly bend forward and flex spine as much as possible and hold.

**Spinal Backward Extension**

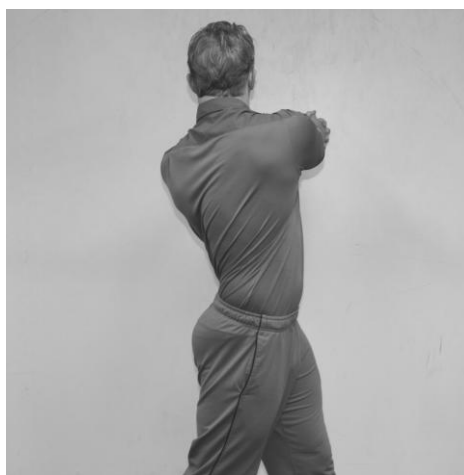
With knees straight, slowly extend backward as much as possible and hold. Discontinue and inform Dr. if dizziness occurs.

**Spinal Lateral Flexion**

With knees straight, bend to the side and slide your hand down your leg as far as possible and hold.

**Spinal Rotation**

Firmly plant feet on ground shoulder width apart. Clasp hands while posteriorly rotating head, shoulders and hips as far as possible and hold.



## **Using the Traction Chair**

**Each time you come to the office for an appointment you should use the traction chair. You may do this either before or after your adjustment. This is the first phase of restoring your “Arc of life”. You should start out tractioning for 60 seconds and gradually, as your body will allow, increase your time by 1-minute increments, until you can easily do this stretch for 15-20 minutes. Some people will be able to do this within a month; others may take several months to work up to 15 minutes. Go at your own pace. Let the doctor know when you achieve 10 to 15 minutes so we can move you to the next phase of stretches. You will lie over the traction chair and extend your head over the top of the chair edge. When in proper position the chair will not be supporting your neck or head in any way. Please ask one of the staff if you have any questions.**

**If you are not tractioning in the office frequently enough; a home traction unit is another great way to get the benefit of the traction chair. Daily, consistent use is the key to obtaining positive changes in your posture and ultimately your health.**

## **Using the Traction Wedge/Off Bed Traction**

Everyone can benefit from doing home traction to counter the daily activities that cause forward head posture. It takes no special equipment, just a few minutes of your time. You will lay with your head extended over the side or foot of the bed. Be sure you are far enough over the edge so that the bed does not support your neck and head at all. Your head should be free to hang off the bed as far as your body will let you. You will start out doing this for one minute and gradually increase your time in one-minute increments over several days. Your goal is to get to the point where you can consistently do this stretch for 15-20 minutes.

Consistency with these 2 stretches will greatly decrease Forward Head Posture and increase your ability to restore your cervical curve (Arc of Life).