

## **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.



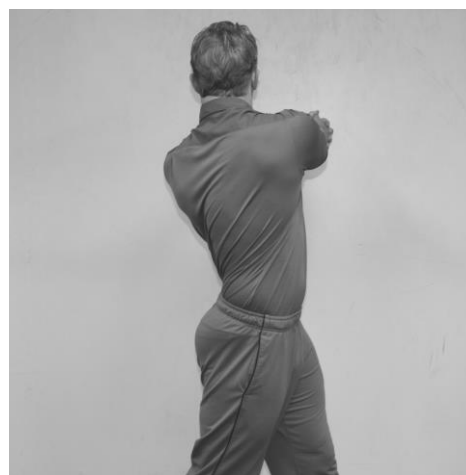
### **Spinal Lateral Flexion**

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.



## Scapular-Thoracic Hygiene Exercises

- Do all 4 of these exercises at least once per day.
- For all of these exercises the object is to pull the shoulder blades together as much as possible and hold for as long as possible. The same breathing pattern applies- inhale while relaxing, exhale while contracting.

