

Spinal Therapy Exercise

Dearyou just had your first Spinal Therapy session. Please make sure you are drinking lots of water for the next two days. Also, be gentle on your body for a couple of days until your body has adapted to the changes. Should you experience possible adaptive soreness for more than two days, please contact me.



□ Knee Joint Correction

Practice 10 times a day for four weeks

- With your weight to the right leg bend the knee to a 90 degree angle.
- Put the left hand on the right leg with the thumb just below the knee. Put your right hand on top of the right knee.
- Simultaneously press the leg forward with the left hand and press down on the knee with the right hand.
- Exhale and slowly straighten the leg while maintaining the pressure until the leg is straight.
- Do this once and repeat the exercise with the left leg.

□ Hip Joint Correction

Practice 10 times a day for four weeks.

- In a standing position, raise the left leg to a 90 degree angle and let the leg below the knee hang loose. With the right hand, hold onto an object to maintain your balance.
- Place the left hand under your leg just below your hip bone, on the transition from the gluteal muscle into the hamstring.
- While exhaling, lower the leg slowly to the floor, pulling up with the hand toward the opposite shoulder. Maintain pressure until the leg is straight.
- Do this once and then repeat the exercise with the right leg.



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□ Atlas Repositioning

Practice once daily for a week, then twice a week for one month.

- In a seated or standing position with both feet firmly on the floor, put your middle fingers on either side of your head in the indentions just underneath the ear lobes the hollows that get bigger and smaller when you make a chewing motion.
- Close your eyes and visualize the number 121-10, seeing the number while your eyes are closed. Do this for 30 to 60 seconds.
- Rest on your back for 20 minutes. The atlas will center itself.
- This exercise is best done before taking a nap or going to bed at night.



□ Correction of Pelvic Rotation

Practice twice daily for six weeks

- In a standing or sitting position, put your right hand on your tail bone and your left hand on the back of your head.
- Close your eyes and for 30 seconds, visualize the number 121-10 with your eyes closed.
- The pelvis will move itself into the correct position.

