

6 Wall angel

exercises to be carried out only under the instruction of your chiropractor



A Stand with your back against the wall.



B Place your arms above head height, with the backs of your hands pressed against the wall.



C Run your hands down the wall as far as possible making sure you keep hands and shoulders in contact with the wall.
Hold for 7 seconds and release.

Repeat 5 times, 3 times a day.