

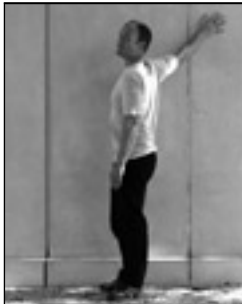
exercises to be carried out only under the instruction of your chiropractor



**A** Stand parallel to a wall.



**B** Stretch arm nearest wall behind you to touch the wall.  
Raise arm to head height.



**C** Leaning into the wall, rotate away feeling the stretch  
down the front of the shoulder and into the chest.  
Hold for 10 seconds and release.

*Repeat 10 times a day.*