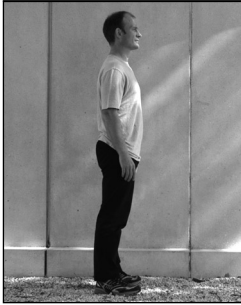
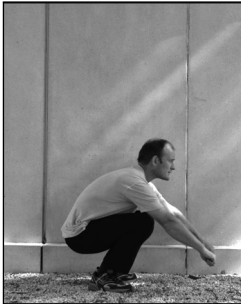


12 Deep squats

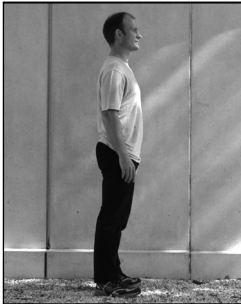
exercises to be carried out only under the instruction of your chiropractor



A Stand straight looking ahead.



B Bend knees bringing your chest as close as possible to your knees.
Keep your heels as close to the floor as you can.
Hold for 3 seconds.



C Slowly stand up again making sure your head is the last to be raised.

Repeat 1 minute, twice a day.