

4 Wall walking – abduction

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



A Stand at arms length, parallel to a wall.



B Place your fingers on the wall at waist height.



C Gradually, walk your fingers up the wall, moving closer to the wall to compensate.

Go as high as your pain will allow, making note of the height so you can chart your progress.



Repeat 10 times a day.