



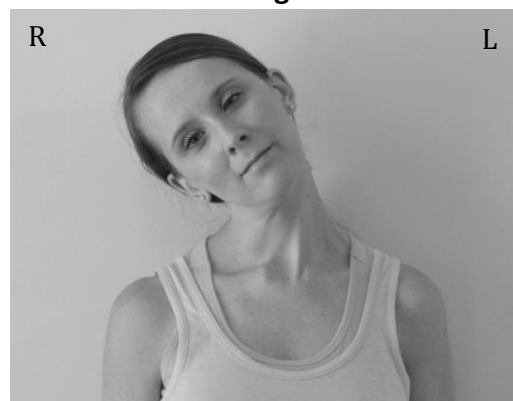
ALIGN™
CORRECTIVE CHIROPRACTIC

Abnormal Posture: Left Head Bend

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Exercise: Right Head Bend



- Sitting or standing, make sure your feet, pelvis and shoulders are kept level.
 - Place your right shoulder up against a wall – do not tilt, bend or rotate your shoulders.
 - Bend your head towards the right so that your ear moves towards your shoulder.
 - Do not rotate or shift your head.
 - Hold this movement for 5 -10 seconds.
 - Begin with 1 set of 10 repetitions.
 - Over the next few weeks build up to 5 or 10 sets of 10 repetitions – depending on your Align Chiropractor's recommendations.
 - Once you are proficient in this movement you will no longer require the wall for support / guidance.
 - These movements should be in a pain free range of motion, if you experience any pain please stop the exercise and let your Align Chiropractor know.
- * Please note that these positions, in the above pictures, may have been exaggerated due to demonstration purposes.