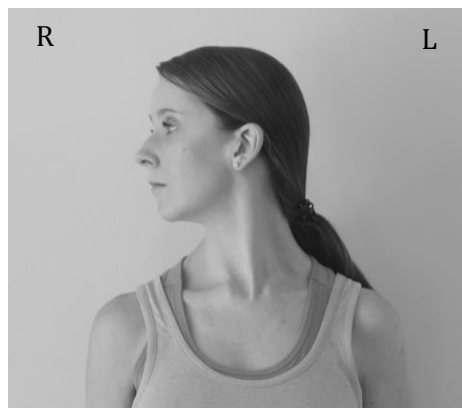
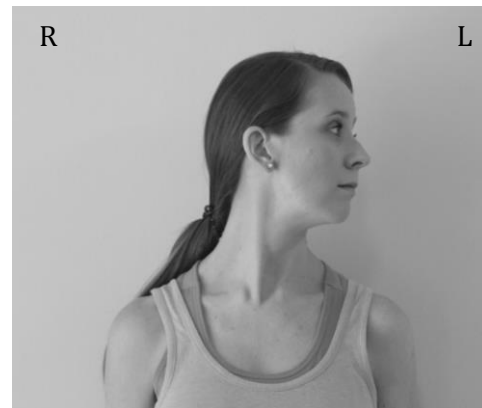


## Abnormal Posture: Right Head Rotation

**Abnormal Posture: Right Head Rotation**



**Exercise: Left Head Rotation**



- Sitting or standing, make sure your feet, pelvis and shoulders are kept level.
  - Place your left shoulder up against a wall – Do not tilt, bend or rotate your shoulders.
  - Rotate your head towards the left so that you are facing the wall.
  - Do not tilt, bend 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 at 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.

