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ALIGN™
CORRECTIVE CHIROPRACTIC

Abnormal Posture: Left Ribcage Rotation

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Exercise: Right Ribcage Rotation



- Sitting or standing and keeping your feet and pelvis level, rotate your ribcage to the right.
 - Do not tilt or bend your shoulders. Remember to lock your pelvis in the forward-facing position.
 - 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.
 - 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.