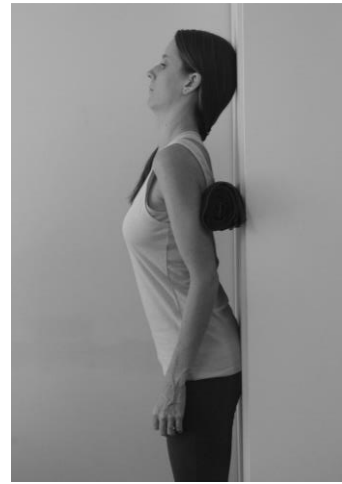
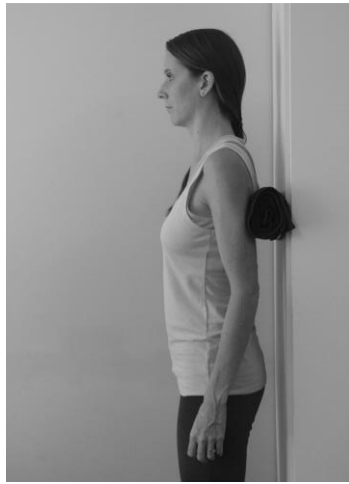


**FULL SPINE REHABILITATIVE GUIDELINES**  
**STANDING AGAINST A WALL WITH A TOWEL/WEDGE**



Congratulations, you are now well on your way to making the desired changes to your spine and nervous system. The following exercise has been designed to be used in conjunction with your spinal corrective care plan to help restore normal posture.

**How to perform the exercise:**

1. Use a wedge/foam roller/rolled up towel.
2. Stand against a wall, placing the wedge between your upper back and the wall. This position is dependent on the shape of your spine, so please ask your Align Chiropractor where to position it.
4. Push your pelvis and head backwards so that they are touching the wall, or however far you can go in a pain free range of motion.

You may experience some discomfort during this exercise, however you **should not** experience any major dizziness, pain, pins and needles or nausea. If you are unsure, please speak to your practitioner.

**Recommended frequency of use:**

1. Hold the position for 5-10 seconds.
2. Begin with 1 set of 10 repetitions.
3. Over the next few weeks build up to 5 or 10 sets of 10 repetitions – depending on your Align Chiropractor's recommendations.
4. Speak to your Align Chiropractor should you require any more information.

