

## NECK EXTENSION

- Bend head backward and return to starting position
- Do not bend forward

*PURPOSE: Pumps discs, stretches neck muscles, and mobilizes facet joints*

**Repeat 20 times. Do 2 sessions per day.**



## KNEE TO CHEST STRETCH

- Lay down on bed or floor
- Alternate bringing right knee toward right shoulder and left knee toward left shoulder

*PURPOSE: Stretches back muscles, pumps discs, prevents nerve scarring*

**Repeat 20 times. Do 2 sessions per day.**



## SPINAL ROTATION

- Sitting on a flat surface, bend arms in with thumbs on chin
- Twist torso slowly side-to-side and pause without bouncing

*PURPOSES: Pumps discs, stretches all back muscles, mobilizes facet joints*

**Repeat 20 times. Do 2 sessions per day.**



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