



## The Spinal Twist

### The Spinal Stretch Exercise

*Remember to always consult your chiropractor before taking on new exercises or stretches. As with any exercise or stretch, if this causes pain, stop and consult your chiropractor.*

Ok let's get started:

- Do NOT strain or leverage by grabbing the back of the chair or your knees. This is a gentle and effective stretch that alleviates many small kinks in the spine and helps with stabilization.
- Let's get into proper position.
- Seated with feet firmly planted on the floor about shoulders width apart.
- Twist your neck and spine to the right all the way and hold in position for 10 seconds. Come back to center for approximately 5 seconds. Then repeat to the left. You can repeat this several times a day.

Suggested wellness use is:

- 3 times before bed
- 3 times at midday
- 3 times in the morning

***This simple exercise is a wonderful addition to anyone's spinal wellness program.***