















CHIROPRACTIC BIOPHYSICS PRE-TRACTION PRE-ADJUSTMENT NECK EXERCISES

DO EACH EXERCISE 6 REPS

<p>1. REVERSE SHOULDER ROLL</p> <p>Step 1 Step 2</p>  <p>Shoulders Up</p>  <p>Push Shoulders Back and Down</p>	<p>2. HEAD RIGHT HEAD LEFT</p>  
<p>3. HEAD FORWARDS AND BACKWARDS</p>  	<p>4. HEAD SIDE TO SIDE</p>  
<p>5. NECK ROLL HIT</p> <p>Do NOT Roll your neck</p>     <p>Do Three Clockwise</p> <p>Do Three Counter Clockwise</p>	<p>6. NECK AND SHOULDER EXTENSION EXERCISE</p> <p>Step 1. Head Back</p>   <p>Step 2. Shoulders Up, Hold for Count of 6</p> 