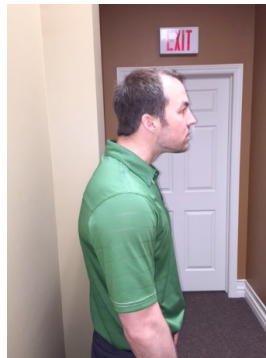


## **Your Corrective Spinal Exercise Program**

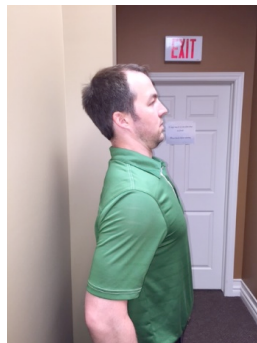
### **Head Retractions**

Prepared For: \_\_\_\_\_ Date: \_\_\_\_\_

1. Stand up straight with your shoulders pulled back (so that they are not “rounding in”). If you are prescribed this exercise, it means that your head is too far forward; see Dr. Paradis exaggerating this forward head posture in the photo below.)



2. To do a head retraction, simply shift your head in a backward direction, as if you are trying to pull your ear over your shoulders. You need to retract your shoulders just slightly (chest open), as seen in the photo below. Hold this position for 5 seconds, relax to neutral, and repeat up to 10 times. Start with 1 set of 10, adding extra sets every week, if possible, for the best outcome. If you are sore following the exercise, apply an ice pack wrapped in a thin cloth to the back of your neck for up to 15 minutes. **Goal:** 10 sets of 10 (total 100 repetitions) **daily**.



CAUTION: DO NOT SHARE THESE INSTRUCTIONS WITH ANYONE. POSTURAL EXERCISES ARE VERY SPECIFIC AND ARE BASED ON YOUR OWN X-RAY AND POSTURAL FINDINGS. IF YOU FEEL PAIN OR OTHER SYMPTOMS, DISCONTINUE THE EXERCISE AND INFORM YOUR CHIROPRACTOR