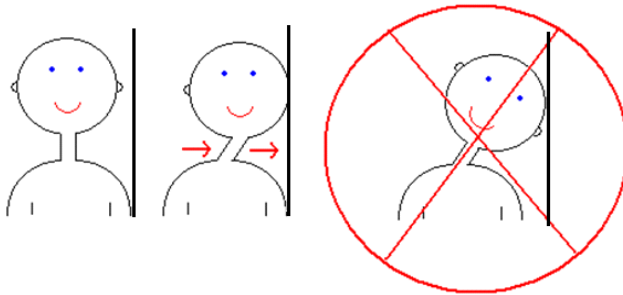


**Your Corrective Spinal Exercise Program**  
**Mirror Image Exercises**

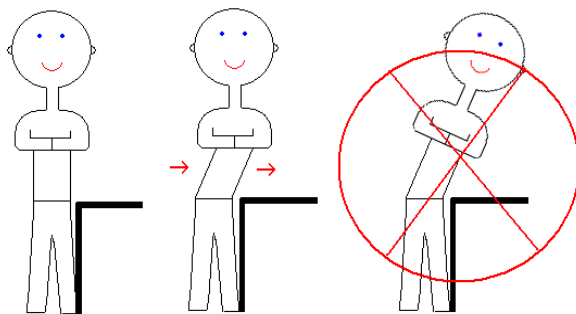
**Prepared for:** \_\_\_\_\_ **Date:** \_\_\_\_\_

- |                              |      |       |
|------------------------------|------|-------|
| ○Cervical Shift – Head/Neck  | Left | Right |
| ○Thoracic Shift – Upper body | Left | Right |

**Cervical Shifts** – Stand with your shoulder against a wall with your feet shoulder width apart. Keep the head level, pick a spot straight ahead, shift your head and neck towards the wall (be careful not to tilt or rotate your head), hold for 5 seconds and release. Shift only in the direction indicated by your Chiropractor. Start with a set of 10 and add sets of 10 as it becomes easier. Progression is key! Goal: 100 repetitions **daily**



**Thoracic Shifts** – Place your hip against a table or a hard surface with your feet shoulder width apart. Shift your upper body over the table or a hard surface only in the direction indicated by your Chiropractor, hold for 5 seconds and release. Be careful to keep the shoulders level and do not tilt your head. Shift only in the direction indicated by your Chiropractor. Start with a set of 10 and add sets of 10 as it becomes easier. Progression is key! Goal: 100 repetitions **daily**



It is not uncommon to experience discomfort during and after spinal rehabilitation exercises. Please note that intense pain, dizziness, nausea, and sharp or shooting pain are not acceptable. Please inform your doctor if any of these symptoms occur. Record your exercises. If you are sore following your exercises, apply an ice pack wrapped in a thin cloth for up to 15 minutes after completing the exercise. The Doctor will periodically check your progress to ensure you are on track to achieve your goals.

**CAUTION: DO NOT SHARE THESE INSTRUCTIONS WITH ANYONE. POSTURAL EXERCISES ARE VERY SPECIFIC AND ARE BASED ON YOUR OWN X-RAY AND POSTURAL FINDINGS.**

