

Dr. Robert A. Rifkin
Chiropractor

Rifkin Chiropractic and Wellness Center
6101 Executive Boulevard #280
Rockville, Maryland 20852
(301) 231-0050 www.heal-naturally.com

Dr. Lindsay Decker
Chiropractor

Do each exercise 3-5 times as directed by our therapist. Do not do exercises if painful.

Bend knees, lie on back, take a deep breath, place your hands on your thighs and relax.



Tighten your abdomen and buttocks. Push your lower back to the floor.



Turn both knees to one side while turning your head the opposite way.



Pull both knees to your chest.



Slowly raise hips upward. Keep a straight line from the knees to the shoulders.



Cross your arms, tuck your chin, tighten abdomen and curl 1/2 way up.



Lie on your back with one leg bent and the foot flat on the floor. Extend the opposite leg straight out. Relax and allow your back to feel the floor.



With knee bent, pull it to your chest keeping your opposite leg straight. Press your knee and lower back to the floor.



Press your lower back against the floor. Raise the straight leg until it is level with the bent



Raise one leg off the floor while keeping the knee straight.



Keep your neck in its normal position. Push yourself up on your forearms.



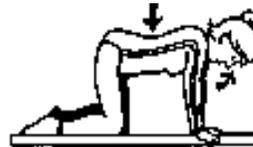
Keep your knees directly under your hips and your hands under your shoulders. Your ears should be in line



Bend your head down and press your back upwards tightening your abdominal and buttock muscles.



Relax your stomach and buttocks muscles and allow your back to sag. Do not drop your hips.



Stretch 1 arm out in front of you while maintaining a level back and head position. Keep the supporting arm straight.



Extend your straight leg behind you holding it parallel to the floor. Maintain a normal back and neck position.



Drop your head forward slowly.

Slowly drop your Neck back.



Slowly turn your neck side to side.

Slowly tip your Neck side to side.



Resist the forward movement of your head.

Resist the backward movement of your head.



Resist the turning movement of your

Resist the tipping motion of your head.

