

Spine and back



Stretch mid spine part 1/3



Stretch mid spine part 2/3



Stretch mid spine part 3/3



Stretch low back part 1/2 (leans back toward heels)



Stretch low back part 2/2



Stretch upper back 1/2 (leans forward toward shoulders)



Stretch upper back 2/2 (leans forward toward shoulders)



Stretch left lower and mid back

The exercises and theories are intended for our patients as follow up on clinical meetings. No guarantee is made that the exercises will resolve your particular problem, or that our theories will explain your specific problem.