

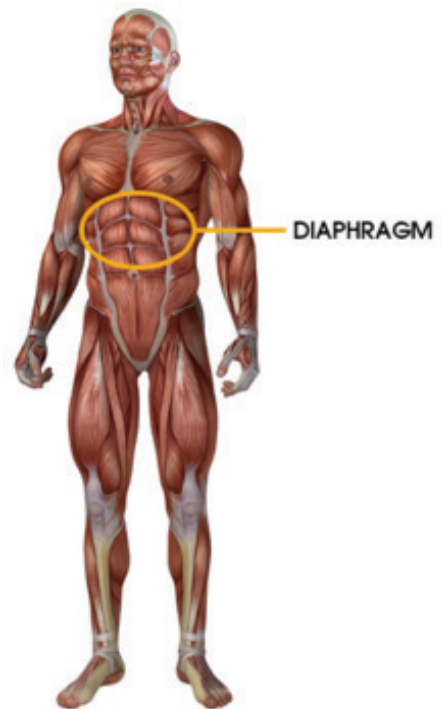


LANE COVE
CHIROPRACTIC

BREATHING TECHNIQUE

This exercise teaches individuals how to breathe correctly using the diaphragm muscle. It is very important for all athletes and the general population.

- Lying on your back with your knees bent.
- Place your hands on your abdomen.
- Keeping your neck and chest relaxed breathe deeply through your nose allowing your abdomen to expand into your hands.
- Breathe out through your mouth allowing your abdomen to fall back down.



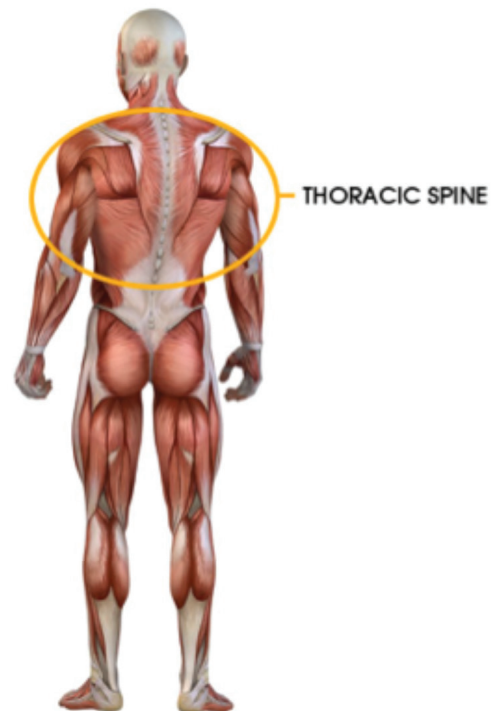


LANE COVE
CHIROPRACTIC

BRUGGER

This stretch is designed to target the neck, upper thoracic muscles and the nerves from the brachial plexus into the arms.

- Sit and place your feet just outside shoulder width and turn them out.
- Bring your hands and arms out to the side and back slightly behind the mid-line, turn your thumbs out and forcefully separate your fingers from each other.
- Place your tongue on the roof of your mouth.
- Hold for 15 seconds and repeat 4-5 times





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GOOD POSTURE EXERCISE

“TOUCH THE BUTTON”

This is a great exercise for improving your posture.

- In either a standing or sitting position reach up and touch the very top of your head with your index finger. Press firmly so you can still feel the finger pressure when you put your arm down again.
- Now imagine that you are attached by a piece of string from that point on your head to the ceiling. Push that point upwards towards the ceiling.
- When done properly you will feel your spine elongate, your head will align better over your shoulders, you will hunch forward less and your lower back will stretch up.
- It may take you a few attempts to get the hang of this exercise but once you do your posture will improve dramatically.
- Do this exercise whenever you feel yourself slumping and if you do this regularly throughout the course of the day you will improve your posture noticeably within 3-4 weeks.





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ROLLED TOWEL EXERCISE

This is also a great exercise for improving your posture.

- Firmly roll a towel to a diameter of approximately 8-10 cm.
- Lie on your back on your bed without a pillow.
- Place the rolled towel under your neck.
- The back of your head should still be resting on the bed, if it is held up from the bed surface then roll is too wide.
- Rest in this position for a few minutes then gently push your head directly back into the bed mattress and hold the pressure for a count of 10 seconds.
- Repeat 10 times.

Be Careful to:

- Keep your head in a neutral position. Don't tilt your chin too far up or tuck your chin down at all. Just have your head in a relaxed normal posture.
- Push back gently - this is not a strengthening exercise but rather an exercise to improve the cervical

