

PERSONAL CHIROPRACTIC CARE CENTER

Before Bed

Lay on floor with head on pillow.

Bring both knees together and pull towards the chest area, hold in position for 10 seconds; breathe.

Lower bent legs to the table.

Bring right bent knee towards left shoulder, hold in position for 10 seconds; breathe.

Lower right bent knee to the table.

Bring left bent knee towards the right shoulder, hold in position for 10 seconds; breathe.

Lower left bent knee to the table.

Repeat 10X