

PERSONAL CHIROPRACTIC CARE CENTER

WALL WALKING

Face wall with arms extended.

Slide arms up wall as you walk forward slowly until toes touch the wall.

Slide arms down the wall as you walk slowly back to original position.

Repeat 10X

Turn to the left. Extend right arm toward the wall.

Slide right arm up the wall as you step slowly to the right until right side touches wall.

Slide right arm down the wall as you step slowly to the left back to original position.

Repeat 10X

Turn to the right. Extend left arm toward the wall.

Slide left arm up the wall as you step slowly to the left until left side touches wall.

Slide left arm down the wall as you step slowly to the right back to original position.

Repeat 10X