CHIROPRACTIC DISCOVERY



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ТМ	www.chiropracticdiscovery.com	Date : Friday, April 22, 2005			
		Anterior C/S Isometric Place hand on forehead keeping head in neutral position	Sets:	2-3	
		and shoulders relaxed. Gently push head straight forward into hand without	Reps:	15-20	
		allowing any movement of the head.	Weight:		
		Gradually build tension and hold.	Hold:	4-10 sec	
FT		Repeat in at least 3 different angles.	Rest:	30-60	
and L			5:	k/week	
69 I I	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 2	26 27 28 29 30 31			
-0		Posterior C/S Isometric	Ostav	0.0	
		Place hand on back of head keeping head in neutral position and shoulders relaxed.	Sets:		
		Gently push head straight back into hand without	Reps:	15-20	
		allowing any movement of the head.	Weight:	4.40	
		Gradually build tension and hold. Repeat in at least 3 different angles.		4-10 sec	
		repeat in at load o amoiont anglos.		30-60	
			5 :	k/week	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					
		Shoulder Retraction Sitting or standing in readiness position. Hold tubing out	Sets:	2-3	
No.		in front at chest level keeping elbows straight and palms	Reps:	15-20	
		facing down. Pull tubing straight back by squeezing	Weight:		
		through the mid back and shoulder blades. Hold, return to start and repeat.	Hold:		
				30-60 sec	
				k/week	
a an	S. an				
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 Wall Push Ups					
		Place hands on wall and assume a push up position.	Sets:	2-3	
		Lower whole body in toward the wall. Maintain abdominal hollow and neutral spinal alignment	Reps:	15-20	
		throughout movement.	Weight:		
		Push back to start position and repeat.	Hold:	4-10 sec	
	Martine Martine Martine		Rest:	30-60	
			5:	k/week	
100 C		1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31			
		Arm Raises Quadruped	Coto	22	
		On hands and knees, maintain abdominal hollow and keep back flat.	Sets: Reps:	2-3 15-20	
		Slowly raise one arm out in front until parallel with floor,	Weight:	10-20	
100		keeping rest of body stable.	, , , , , , , , , , , , , , , , , , ,	4-10 sec	
		Lower arm to floor and alternate.			
				30-60	
			5)	k/week	
	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31				
		Cross Crawl Quadruped On hands and knees, maintain abdominal hollow and	Sets:	2-3	
-		keep back flat. Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor. Keep trunk square and stable.	Reps:	15-20	
			Weight:		
				4-10 sec	
			Rest:		
		Return arm and leg to floor and alternate.		k/week	
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31					

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