

Daily Exercises

(doing these daily helps you hold adjustments longer)

Wobbles - this is not my video, but this is an exercise that I recommend – 50 sets front to back, 50 sets rotation & 50 sets lateral flexion going side to side – here is an Amazon link

C-sp Traction – not my video – you can buy one of these at the Amazon Pettibon store. Do 50 sets, 5 second holds

Piriformis Stretches – 3 sets, 1 minute hold

Planks – 3 sets, 1 minute hold

Bridge Pose – 3 sets, 1 minute hold

Doorway Stretches – 1 set of 10 once an hour (4 sets min)

Overheads – 1 set of 10 once an hour (4 sets min)

Post C-sp translation – I like to do these in the car when stopped due to the headrest resistance. 10 second holds 2-4 times daily.