

# 4 DAILY MOVEMENTS THAT MAKE SPINAL SELF-CARE A BREEZE

MAKING TIME FOR  
YOURSELF CAN ALWAYS BE  
CHALLENGING, BUT  
HOPEFULLY THESE QUICK &  
EASY DAILY MOVEMENTS  
FROM DR. K WILL ALLOW  
YOU TO TAKE AN ACTIVE  
ROLE IN YOUR SPINAL  
HEALTH!



DAILY MOVEMENT #1

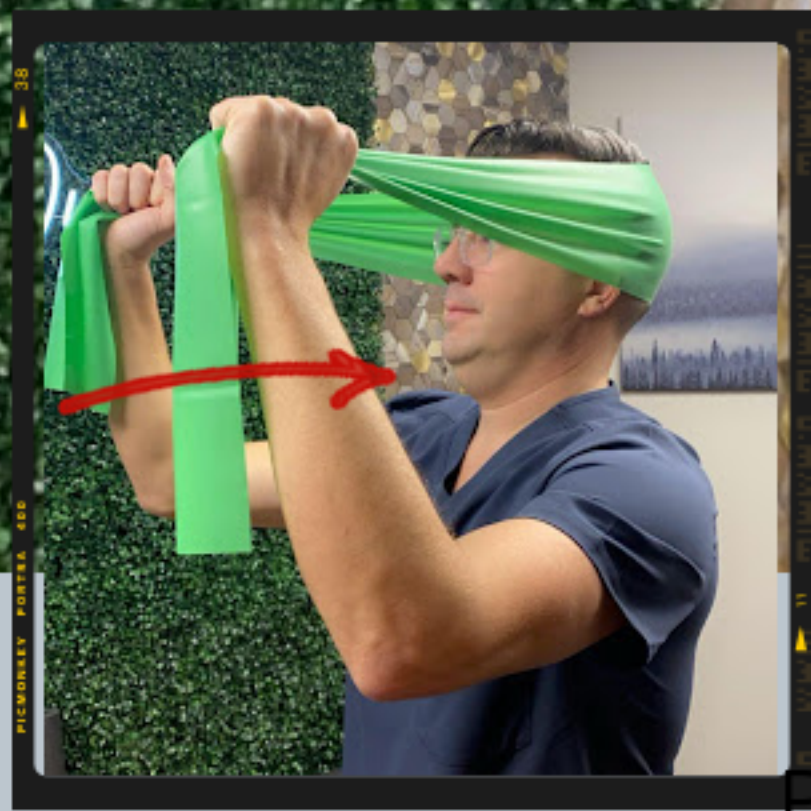
# SPINAL RANGE OF MOTION

YOUR SPINE WAS MADE TO MOVE! IF YOU WANT TO KEEP IT HEALTHY YOU MUST KEEP IT MOVING.

BEGIN IN A STANDING POSITION, BEND YOUR SPINE FORWARD, BACK, SIDE-TO-SIDE, & ROTATE BOTH WAYS. HOLD FOR 10 SECONDS AT THE END OF EACH POSITION. PERFORM THIS EXERCISE FOR BOTH THE NECK & LOW BACK.



# RESISTANCE BAND MOVEMENTS



BEGIN IN A SEATED POSITION, PUT THE RESISTANCE BAND AROUND THE BACK OF YOUR HEAD & HOLD THE ENDS OUT IN FRONT OF YOU WITH BOTH ELBOWS BENT TO 90 DEGREES. KEEP GOOD POSTURE & LOOK DIRECTLY IN FRONT OF YOU WHILE APPLYING TENSION ON THE RESISTANCE BAND & TUCKING YOUR CHIN STRAIGHT BACK (DO NOT TILT THE HEAD UP OR DOWN). HOLD FOR 10 SECONDS, RELAX FOR 10 SECONDS, AND REPEAT FOR 3-5 SETS.



**WellnessOne**

It's your future... be there healthy with WellnessOne.™

## DAILY MOVEMENT #3

# WOBBLE BALL EXERCISE

IF YOU WANT TO KEEP YOUR DISCS  
HEALTHY, YOU HAVE TO START  
MOVING THEM ON A REGULAR BASIS.



BEGINNING IN A SEATED  
POSITION BEND YOUR  
SPINE FORWARD,  
BACKWARD,  
SIDE-TO-SIDE, &  
AROUND IN CIRCLES.



COMPLETE EACH  
MOVEMENT 10  
TIMES BEFORE YOU  
MOVE ON TO THE  
NEXT, CONTINUE  
THE EXERCISE FOR  
3-5 SETS.

DAILY MOVEMENT #4

# SPINAL MOLDING

YOU ONLY GET ONE SPINE, AND WE'LL  
HELP YOU TAKE CARE OF IT!



DO THIS MOVEMENT LAST. BEGIN BY  
LAYING ON YOUR BACK ON A SOFT  
SURFACE. PLACE ONE ROLL UNDER  
THE CURVE OF THE NECK & THE OTHER  
UNDER THE CURVE OF THE LOW BACK.  
LAY STILL FOR 5-20 MINUTES  
ALLOWING YOUR SPINE TO MOLD THE  
PROPER CURVES INTO PLACE.



**I HOPE YOU INCORPORATE  
THESE QUICK & EASY DAILY  
MOVEMENTS INTO YOUR  
SELF-CARE ROUTINE. THEY  
WILL HELP YOU IMPROVE &  
MAINTAIN THE HEALTH OF  
YOUR SPINE FOR A LIFETIME!**



**WellnessOne**

It's your future... be there healthy with WellnessOne.™