

Dynamic

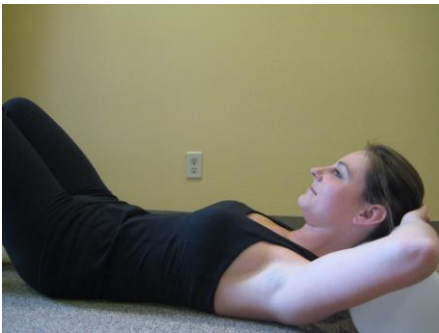
CHIROPRACTIC CLINIC

Better Health in Motion

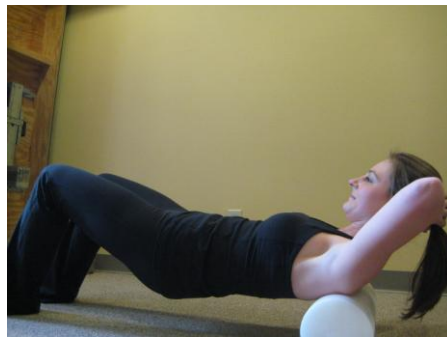
Foam Roller Stretch

Instructions: Duration 1-3 minutes. Begin by lying your upper back on the roller, fingers interlaced behind your head. Lift your pelvis slightly off the floor, and walk your body up the roller to approximately the “bra strap” level. (see the picture) You should feel the stretch in the center of your back. To control the depth of the stretch, use your arms to either lift for less (image 2) or lower for more (image 3).

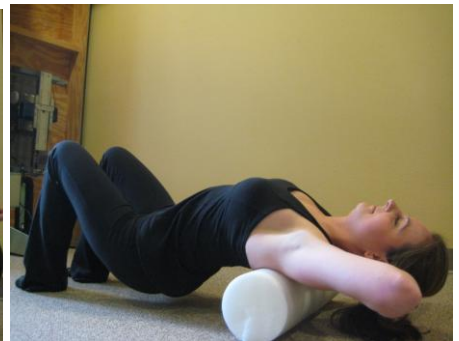
Repeat often, every day.



1.



2.



3.

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