



## Seated Spinal Rotation

**Use this exercise to gently stretch out your whole spine.**

Whilst seated place your hands on opposite shoulders, your arms crossing over your chest. Begin by turning your head to look over your left shoulder, as you feel a gentle stretch then turn your upper body and shoulders to the same side as you exhale. Pause momentarily when you feel your whole spine stretch and then repeat to your right side. Repeat 3 times to each side.

In an effort to help each and every patient Dr. Ralph has put together a group of physiotherapy exercises that can be accessed on our website at:

<https://www.highlandfamilychiro.com/health-resources.html>

These can be done in the privacy of your own home until you are able to be back in the office. Please feel free to share these with your friends and family.

Dr. Ralph has also put together a home care kit that includes a small foam roller, balance disc, and bands that we are offering at our cost of \$30.00 and at this time we are offering no contact drop off service for the kit.