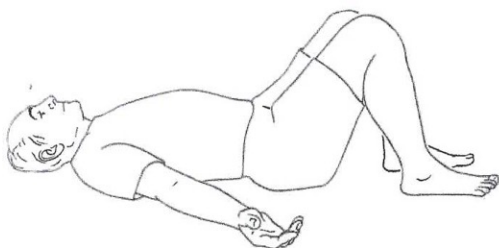


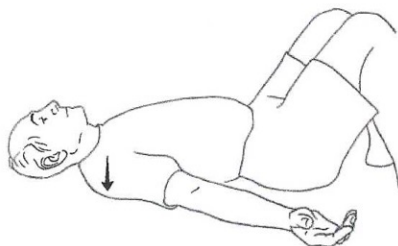
RE-ALIGNMENT - Decompression Exercise: Basic



Lie on back on firm surface, knees bent, feet flat, arms turned up, out to sides, backs of hands down. Hold 5-10 minutes.

Surface: floor

RE-ALIGNMENT - Shoulder Press



Press both shoulders down. Hold 5 seconds. Repeat 6-8 times. Press one shoulder down. Hold 5 seconds Repeat 6-8 times. Do other shoulder. If unable to press one or both shoulders, lie in position a few sessions until you can.

Surface: floor

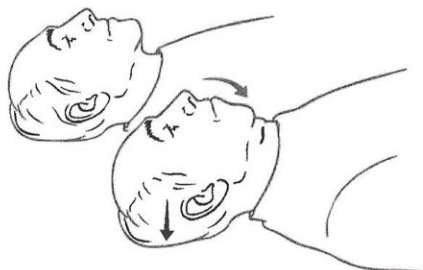
RE-ALIGNMENT - Head Press With Chin Tilt



Tilt chin SLIGHTLY up, mouth closed. Feel weight on back of head. Increase weight on head by pressing head down. Hold 5 seconds. Relax. Repeat 6-8 times.

Surface: floor

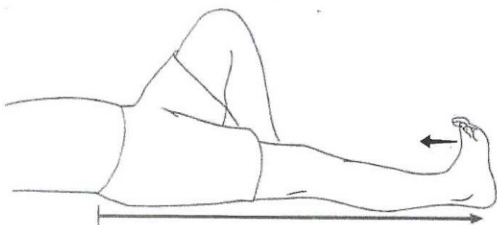
RE-ALIGNMENT - Head Press With Chin Tuck



Tuck chin SLIGHTLY toward chest, keep mouth closed. Feel weight on back of head. Increase weight by pressing head down. Hold 5 seconds. Relax. Repeat 6-8 times.

Surface: floor

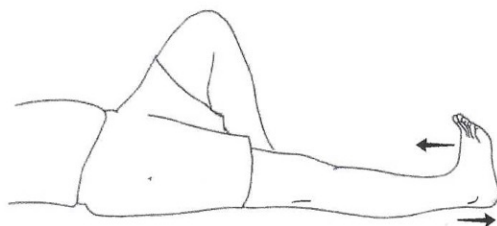
RE-ALIGNMENT - Leg Lengthener: Full



Straighten one leg. Pull toes AND forefoot toward knee, extend heel. Lengthen leg by pulling pelvis away from ribs. Hold 5 seconds. Relax. Repeat 1 time. Re-bend knee. Do other leg. Do each leg 2-3 times.

Surface: floor

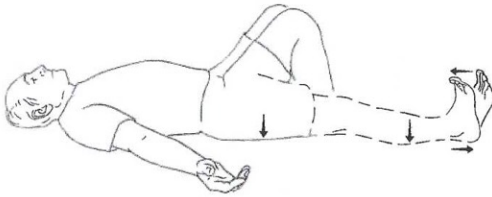
RE-ALIGNMENT - Leg Straightener / Heel Extender



Straighten one leg down. Pull toes AND forefoot toward knee, extend heel. Hold foot position        seconds. Relax the foot. Repeat 1 time. Re-bend knee. Do other leg. Each leg 2-3 times.

Surface: floor

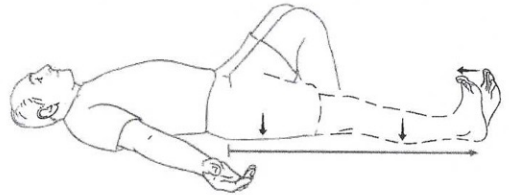
SUPINE - Leg Press: Single



Straighten one leg down to floor. Bring toes AND forefoot toward knee, extend heel. Press leg down. DO NOT BEND KNEE. Hold 5 seconds. Relax leg.

Repeat exercise 1 time. Relax leg. Re-bend knee. Repeat with other leg. Each leg 2-3 times.

SUPINE - Leg Lengthener / Leg Press Combo: Single Leg



Straighten one leg down to floor. Pull toes AND forefoot toward knee; extend heel. Lengthen leg by pulling pelvis away from ribs. Press leg down. DO NOT BEND KNEE. Hold 5 seconds. Relax leg.

Repeat exercise 1 time. Relax leg. Re-bend knee. Repeat with other leg.

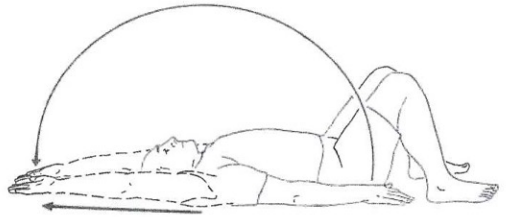
SUPINE - 5 Elbow Press



Interlace fingers; bring hands underneath head. Press elbows down. Hold 5 seconds. Relax arms.

Repeat 3-5 times.

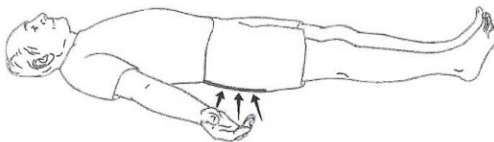
SUPINE - Arm Lengthener: Double



Arms at sides, palms down. Lift both arms over head to alongside ears, keeping elbows straight. Lengthen arms by pulling ribs away from pelvis. Hold 5 seconds. Relax.

Return arms to sides. Repeat 3-5 times.

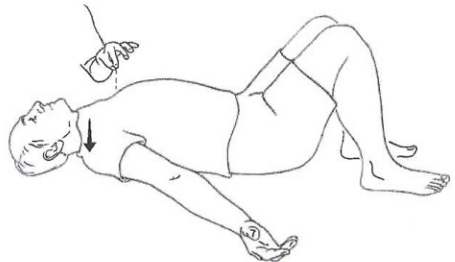
SUPINE - Buttock Squeeze



On back, knees straight, legs together, not rotated outward. Squeezing buttocks together, say tight, tighter, tightest, or count 1, 2, 3. Hold 5 seconds. Relax.

Repeat 6-8 times.

SUPINE - Thoracic Lift



Press shoulders down. Then lift mid-thoracic spine (area between the shoulder blades). Lift the breastbone slightly. Hold 5 seconds. Relax.

Repeat 6-8 times.