

# SUMMARY

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## #1) HIPS/PELVIS/LOW BACK

- Psoas Stretch (15-30 sec per side)
- Glute Bridges (12 reps)



## #2) THORACIC SPINE

- Chest Openers (Hold 15-30 sec)
- Modified McKenzie (15-30 sec)



## #3) CERVICAL SPINE

- Reverse Wall Plank (30 - 90 sec)
- Cervico-Thoracic Traction (120 sec +)



**\*For best results, do this routine  
twice daily for 14+ Days\***