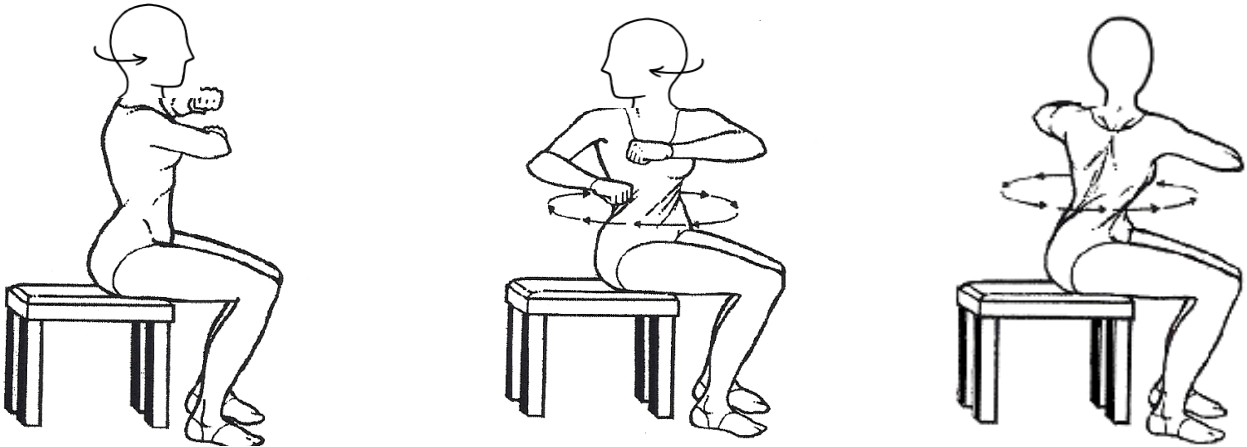


# SPINAL MOLDING PROGRAM

Prepared For \_\_\_\_\_ Date Of Last X-Ray \_\_\_\_\_

## SPINAL ROTATION EXERCISE

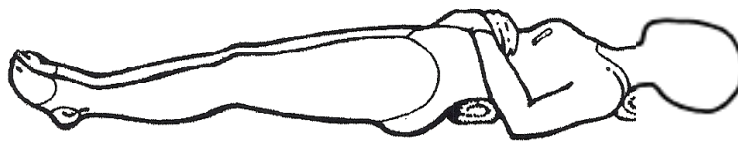
(allow arms to swing freely)



Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

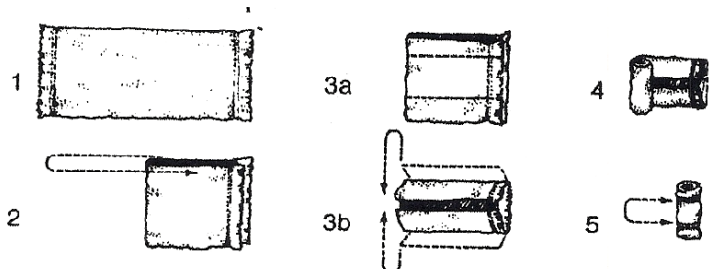
## LYING ON SPINAL SUPPORTS

(for a minimum of 20 to 30 minutes)



At Night—In Bed—Before Sleep

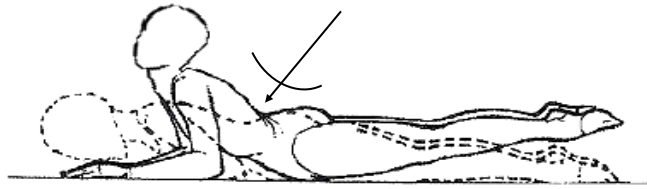
To do this exercise you will need two ordinary bath towels rolled up in a particular manner; one to place under the neck and one to place in the small of the back. (In some cases special support blocks may be prescribed.) The towel rolls should be 3 1/2" to 4" in diameter. First fold the towel in half, then fold the sides in toward the center so that they meet nearly touch. Now, firmly roll the towel along the center line. When rolled, it should be firm roll with a slight depression in the center. Place rubber bands around the ends to keep them rolled tightly. Re-roll your towels when needed and keep them next to your pillow. (You may want to take the lower back towel on long automobile or airplane trips and use it to help keep stress off the lower back.) Now you are ready to begin!



**The knowledgeable patient today recognizes one unalterable fact about health care. There are no miracles. There is only discipline!**

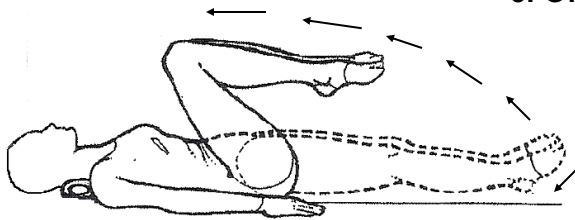
## YOGA EXERCISE

(as slow as possible and hold for a count of five)

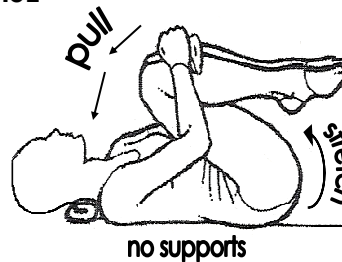


Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

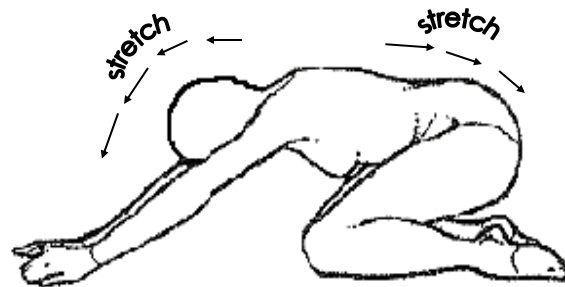
## SPONDY EXERCISE



HOLD  
2 INCHES  
OFF  
FLOOR



HOLD  
FOR  
A  
COUNT  
OF  
FIVE



HOLD  
FOR  
A  
COUNT  
OF  
FIVE

Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

## CERVICO-DORSAL EXERCISE

☐ Rt. Side — ☐ Chin Up — ☐ Chin Down  
☐ Lt. Side — ☐ Chin Up — ☐ Chin Down



Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

## AXIS SPINOUS EXERCISE

PRE-STRESS — ☐ Rt. ☐ Lt.  
(hold each position for a count of five)

CHIN- UP  
RESIST WITH HAND — HOLD



PULL WITH ARM  
ATTEMPTING TO TURN HEAD — HOLD

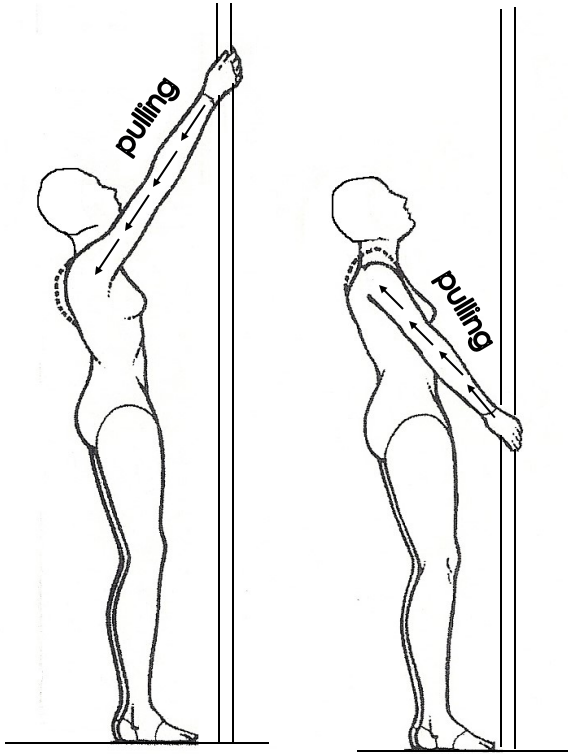


Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

## RHOMBOID EXERCISE

(hold for a count of five)

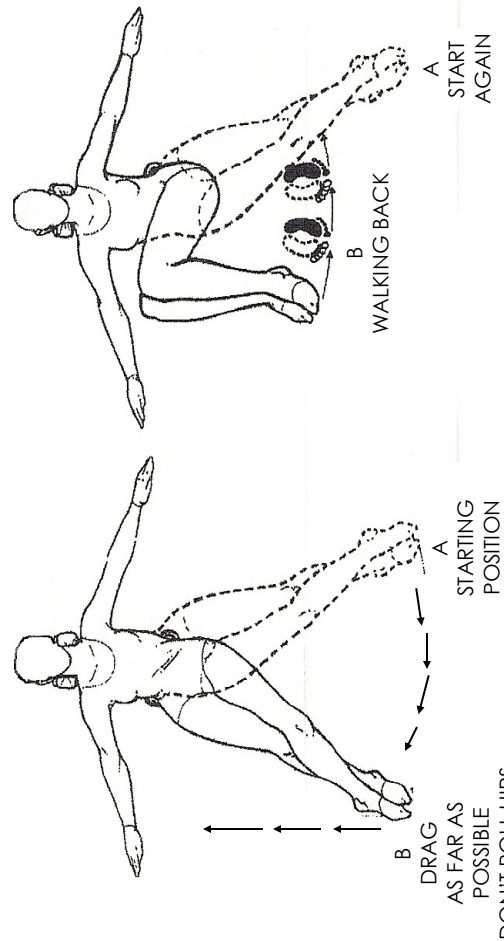
☐ Rt. Arm ☐ Lt. Arm ☐ Rt. Arm ☐ Lt. Arm  
Chin ☐ Rt. ☐ Lt. ☐ Ctr. Chin ☐ Rt. ☐ Lt. ☐ Ctr.



Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

## LEG DRAGS

Drag ☐ Rt. ☐ Lt.  
Walk ☐ Rt. ☐ Lt.

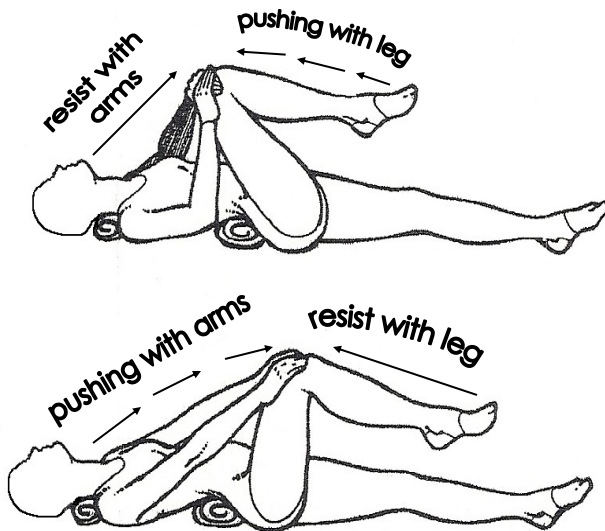


Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

## LEG PUMPS EXERCISE

(pre-stress ☐ Rt. ☐ Lt.)

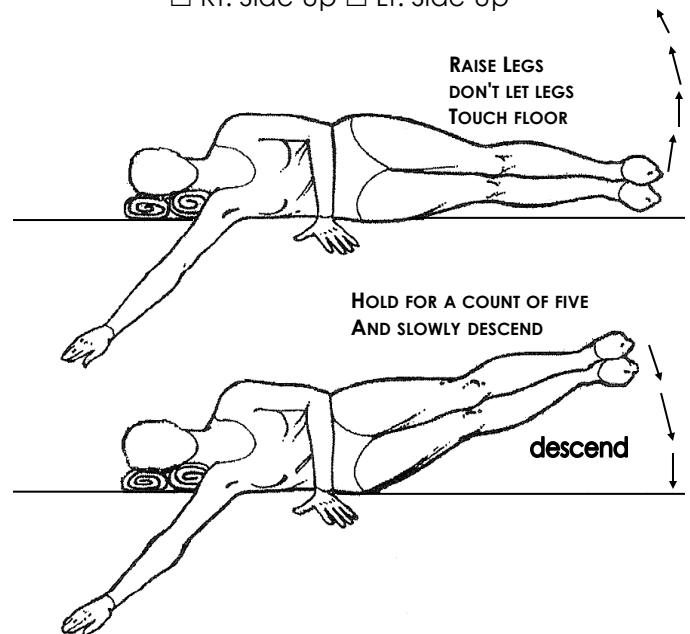
☐ Rt. Leg Only ☐ Lt. Leg Only



Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

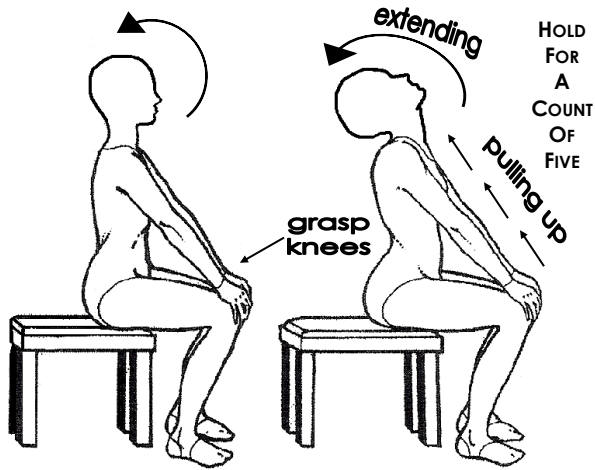
## LEG PUMPS EXERCISE

☐ Rt. Side Up ☐ Lt. Side Up



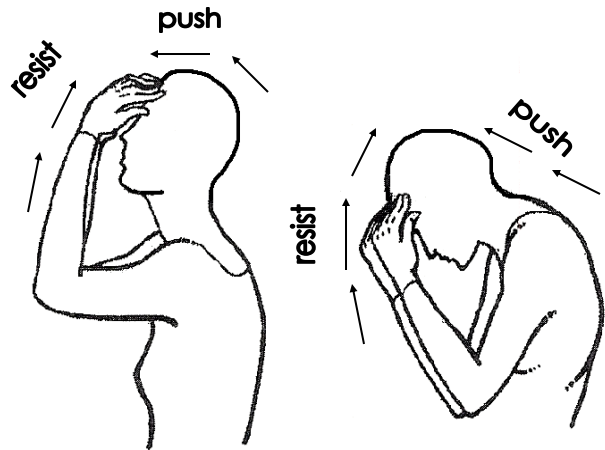
Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

### LUMBAR EXTENSION EXERCISE



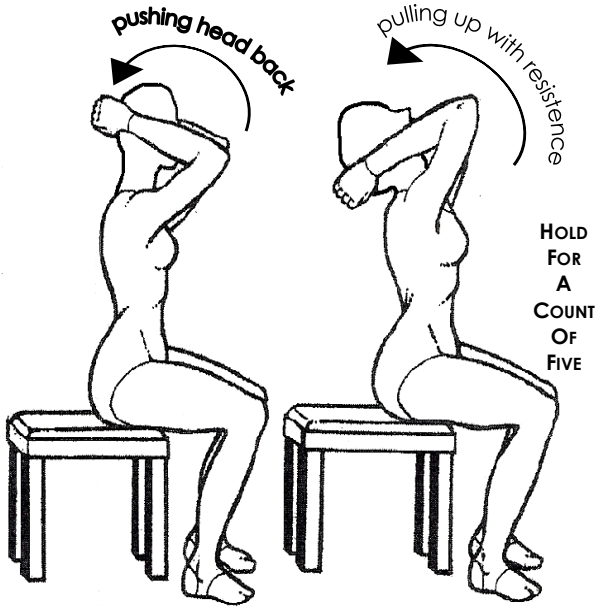
Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

### CERVICAL FLEXION EXERCISE



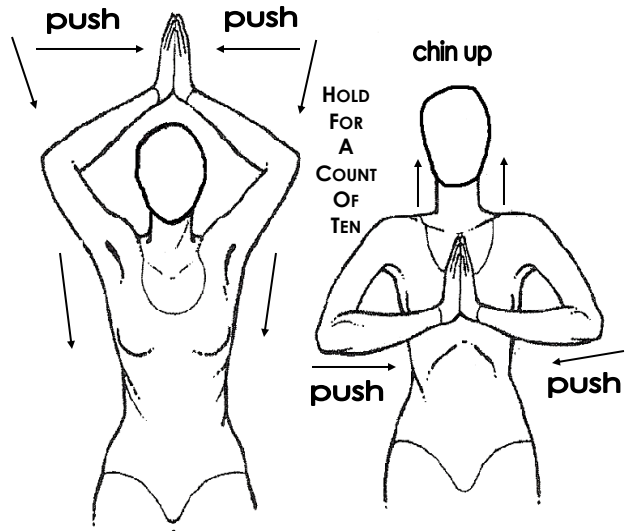
Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

### CERVICAL EXTENSION EXERCISE



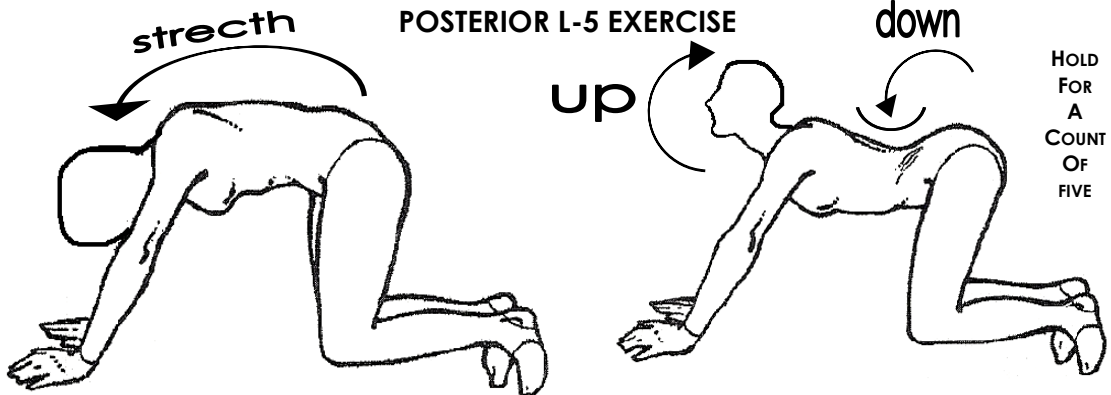
Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

### CHEST EXPANDER EXERCISE



Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day

### POSTERIOR L-5 EXERCISE



Repeat \_\_\_\_\_ Times \_\_\_\_\_ Times Per Day