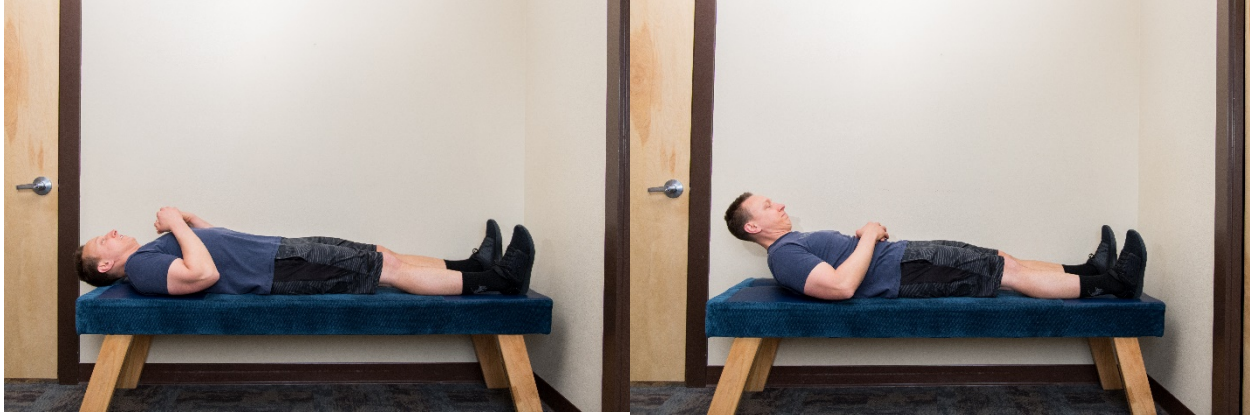


# Balanced Chiropractic Exercises

- 1.) **Abdominal Crunch** (Upper abdominal stabilization)



- 2.) **Leg Raisers** (Lower abdominal stabilization)



- 3.) **Side Planks** (Core Stabilization)



4.) **Front Planks** (Core stabilization)



5.) **Superman** (Core stabilization)



6.) **Bird Dog** (Core stabilization)



7.) **Lumbar Extensions “Cobra”** (Lumbar decompression)



8.) **Cat/Camel** (Lumbar decompression)



9.) **Reverse Bridge** (Low back strengthening)



10.) **Hamstring/Gluteal stretch** (Affected leg crossed)



11.) **Hamstring/Gluteal stretch** (Affected leg on bench)



12.) **Neck Stretches**

