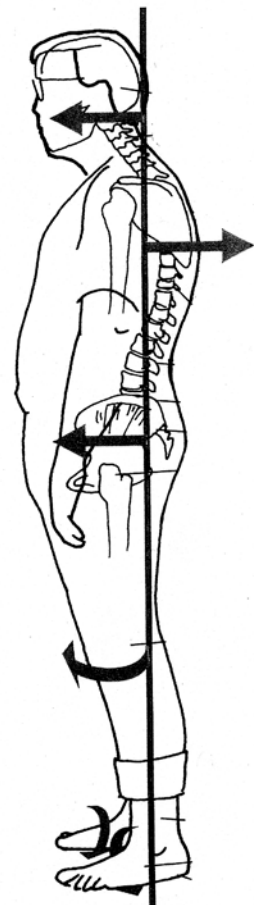


THE DAILY EXERCISE

- Stand with your feet shoulder-width apart and your arms relaxed at your sides.
- Point your thumbs forward and tighten your buttocks.
- With your buttocks clinched, roll your thumbs outward and backward until you feel the shoulder blades approaching the spine.
- While maintaining that tension, forcefully lower your shoulders and inch toward the floor.
- Now tuck your chin toward your chest and move your head firmly backward, as if trying to place the neck squarely over the shoulders.
- Hold this position for six seconds and repeat six times. This is equal to one set. During the correction phase of care this exercise should be done six sets daily. During maintenance, do three sets daily.



The Daily Exercise reverses this bad posture habit.

Masters Back & Neck Pain Relief Center

Michael J. Masters, D.C., Inc., Chiropractor

1010 So. King, Suite 213 • Honolulu, Hawaii 96814

Fax: (808) 593-0994 • E-mail: masters@pixi.com

(808) 591-0099