Smith Upper Cervical Chiropractic Health Care

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The following exercises can help with supporting and maintaining the Upper Cervical Spinal Correction when done with regular consistency as described by Dr. Smith.

No Exercises should be done the day of the adjustment. The body continues to make corrections from 4 to 6 hours after Dr. Smith performs the Upper Cervical Adjustment and we do not want to do anything that may compromise your body's innate healing ability. Your body's innate ability to heal is where your true healing is coming from.

Yes and No Exercises: Look up and down as far as comfortable for you in slow, fluid gentle movements. Do this 3 times / 3 times a day. Look left and then right as far a comfortable, again in slow fluid, gentle movements. **Do this 3 times / 3 times a day**.

Shoulder Rolls: Lift your shoulder straight up and roll them towards your back, when you have your shoulder retracted hold this position for 3 seconds. You can try to squeeze your shoulder blades together. This exercise should only be felt between your shoulder blades, not in the neck or arms. **Do this 3 times / holding for 3 seconds / 3 times a day**.

Towel Roll: Use a hand towel folded in thirds and rolled up to about a 3" diameter. Place the towel at the base of the neck, at the point where you feel the large bump where your neck and shoulder meet. Lay on your back with the towel at this point for 3 to 5 minutes. This should not be uncomfortable. It should feel like a gentle stretch of your neck. Place towel at the edge of your bed and let your head hang gently off the side of your bed. **Do this 3 to 5 minutes / 1 time a day**.

Turtle Exercise: This exercise is designed to help maintain your atlas alignment. This exercise will help to bring the atlas back in alignment if something has begun to stress your adjustment. In other words if you ever think to yourself, "did I just get myself out of alignment?" you can do this maneuver. Place your hands on your sternum for support and jut your chin forward as far as you can, while keeping your chin parallel to the ground. Then retract your chin as far as you can. **Do this 3 times as needed**.

Retraction / Double Chin: This is the last half of the Turtle Exercise described above but done for different reasons. Retract your chin backwards, towards your shoulders. Hold this position for 10 seconds. This will strengthen your posterior neck muscles and help with TECH NECK (Forward Holding Head Position). **Do this 3 times / 3 times a day / holding for 10 seconds**.

Genie Exercise: This exercise needs to be done seated. Sit with your arms crossed in front of you like a genie. Turn your head left and then turn your torso as far as you comfortably can and hold for 3 seconds. Then return back to center. Next, turn your head right and follow with your torso again as far as you comfortably can and hold for 3 seconds. **Do this 3 times each way / holding for 3 seconds / 3 times a day**.

Dr. Smith Performs Video Demonstration of These Exercises That Are Available at: www.RogerSmithDC.com – Under the (New Patient Center) Heading.