



Forest City Family Chiropractic

440 Boler Rd. Suite 101 London, ON N6K 4L2

Phone: (519) 474-6808 Fax: (519) 474-9468

www.drbatte.com

Mirror Image & Extension Exercises

Postural Correction You Can Do On Your Own!

These exercises that you are about to introduce into your daily routine are going to improve your spinal alignment and increase the efficiency of your Doctor's adjustments. These experiences give you the opportunity to be an integral part in the correction process of your misalignment and subsequent degeneration. This type of reconstructive care promotes better posture, health and wellness by reducing the effects of the vertebral subluxation complex (VSC).

Your spine not only houses 33 pairs of nerves that serve as your network to life, but it also is an attachment site for postural muscles. The musculature if properly balanced on either side of the spine functions optimally. However, if it is unbalanced, even slightly the muscles themselves hold the spine in a misaligned position. Spinal misalignment causes abnormal nerve function, and since the spine is on the inside of the patient's posture, exercise to correct abnormal postural position will aid in both the stresses on the tissues and the return of normal function to the nerves. We need to neurologically re-educate the muscles to pull on the spine with a balanced force. Otherwise the efficiency of your adjustments is not optimal and the correction time line is extended.

In order to retrain these postural muscles, Mirror Image Exercises will be used. This type of exercise is specific to every patient, because no two spines are the same. It is also important to understand that these exercises are not intended to build muscular strength, but to re-train the muscles to work in a different capacity. Therefore, a simple protocol of 3 sets of 10 is not only insufficient, but does not serve the purpose of the exercise. This exercise needs many repetitions to be effective. Optimally, 15 sets of 15 repetitions is the goal for this exercise.

These exercises are given because they combat your current postural misalignment. For example, if you have a head which shifts left, then the exercise you perform will include a head shift right. To break down the exercise specifically; you stand in your normal relaxed position, then breathe in and shift your skeleton in the appropriate directions, holding that position for 1 second, as you bring your head back, breathe out. That counts as 1 repetition and will need to be performed daily beginning with one set of 15, and working up to 15 sets of 15.

While this exercise may seem menial, and you will not feel the muscle exhaustion, which normally accompanies musculature exercise, the structural correction, which is taking place is essential in restoring your optimal health.