

CHIROPRACTIC WELLNESS CENTER MASSAGE & SUPPLEMENTS

618 N Sullivan Rd. Ste 21 Spokane Valley, WA 99037 509-926-7789

Rehabilitative Exercises | Facial Lines Stretches

F2 Dead Man's Pose



Lay on your back, arms straight above your head. Point your toes and reach your hands upward as far as you can. Hold for _____ seconds. Repeat _____ times a day.