

DR. ALAN P. LEWIS, D.C.



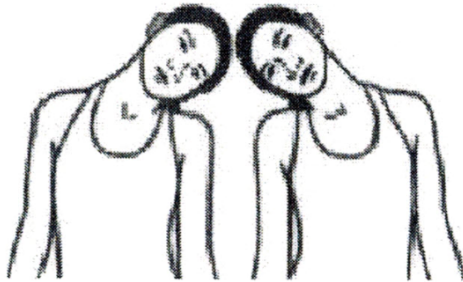
**Central Jefferson
Chiropractic**

Spinal and Nutritional Health

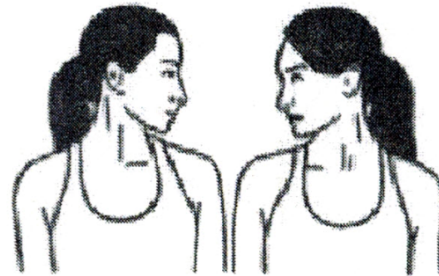
202 N. MAIN ST.
JEFFERSON, WI 53549

920/674-5025

10 X 10's



**SIDE BENDING - BEND YOUR HEAD
TO ONE SIDE, TRYING TO TOUCH
YOUR EAR TO YOUR SHOULDER**



**HEAD TURNS - TURN YOUR HEAD
AS FAR AS POSSIBLE TO ONE SIDE**

10 reps / 2 SETS

10 REPS FOR EACH SIDE, 10 REPS COMPLETE

MOTION FROM ONE SIDE TO THE OTHER

MAY START WITH 5 REPS IF 10 IS TOO MANY

4 - 5 DAYS/WEEK