



HEALTHY ROUTINES EDUCATIONAL SERIES

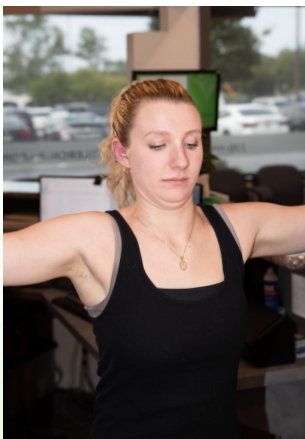
Door Jamb(Basic)*

- Stand in an open doorway. Raise each arm up to the side, bent at 90-degree angles with palms forward. Rest your palms on the door frame.
- Slowly take baby steps forward keeping both feet even. Feel the stretch in your shoulders and chest. Stand upright and don't lean forward.
- Hold for 15-30 seconds
- Repeat multiple times a day



Benefits:

- Reduces tension from upper back and neck muscles
- Helps Reduces roundedness of back
- Helps to reduces tension in shoulder and chest



Door Jamb(Advanced)*

- Follow the steps above
- With this exercise pull your head backwards without flexing your chin down

Scan for video tutorial



**Disclaimer: If during this exercise you have any pain or discomfort, discontinuing and contact our office*

770-594-2233

www.adlerchiro.com

help@adlerchiro.com

1475 Holcomb Bridge Rd. Ste 177 Roswell, GA 30076

© 2023 Adler Comprehensive Chiropractic, LLC. All Rights Reserved