

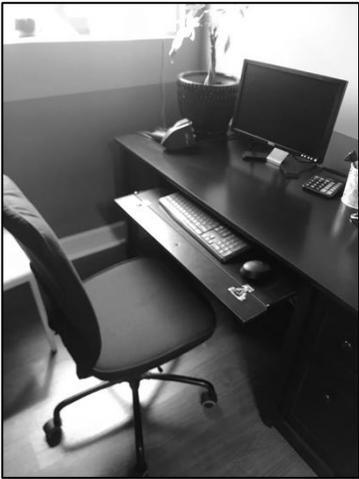
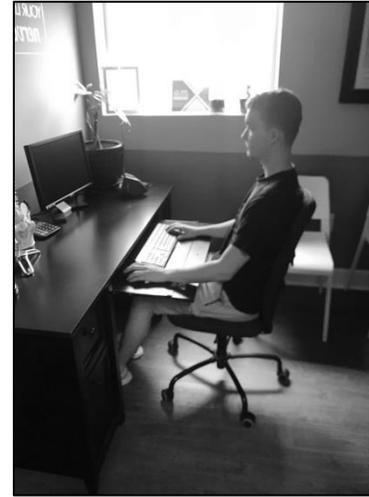
Good Health

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CHIROPRACTIC & WELLNESS.

WORK/HOME DESK:

- 1) Have a co-worker or family member take a picture of you working from **behind** & from the **side**
- 2) Take a picture of the workstation without you sitting, make sure to include the chair and or pad you stand on
- 3) Email this to getgoodhealthgso@gmail.com **OR** Bring this to your next appointment and Dr. Huff will review
- 4) After sending the email, work on modifying your desk to the bottom right picture
- 5) If you have any questions about these, give us a call at: 336-509-4963
- 6) When sitting properly it is ideal to have your joints at 90 degrees and your eyes level with the top of your monitor.



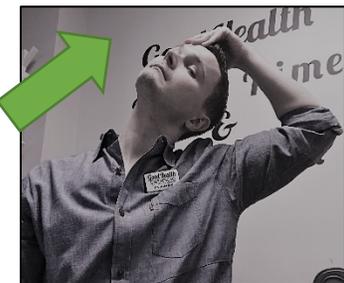
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The 3-part Neck Stretch:

- 1) Point your nose into your **left** armpit, hold the backside of your head and pull down towards the armpit. Hold this stretch for 10 seconds.
- 2) Hold the **right** side of your head and pull sideways, toward your **left** shoulder. Hold this stretch for 10 seconds.
- 3) Place your hand on your forehead, pull slightly backwards and to the **left**. Hold this stretch for 10 seconds.
- 4) Place your hand on your forehead, pull slightly backwards and to the **right**. Hold this stretch for 10 seconds.
- 5) Hold the **left** side of your head and pull sideways, toward your **right** shoulder. Hold this stretch for 10 seconds.
- 6) Point your nose into your **right** armpit, hold the backside of your head and pull down towards the armpit. Hold this stretch for 10 seconds.
- 7) Repeat the 3-part neck stretch three times a day; morning, afternoon, and evening for best results.



If you have any questions about things you might be feeling,
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Piriformis Stretch:

1) Place your **right** ankle on top of your **left** knee and push down on the side of your **right** knee. Hold this stretch for 30 seconds.

2) Pull your **right** leg across your body, towards the **left** side. Hold this stretch for 30 seconds.

3) Place your **left** ankle on top of your **right** knee and push down on the side of your **left** knee. Hold this stretch for 30 seconds.

4) Pull your **left** leg across your body, towards the **right** side. Hold this stretch for 30 seconds.

5) Repeat the piriformis stretch three times a day; morning, afternoon, and evening for best results.



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