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Lumbar Spine Instability 3. Cross Raises (Fig 6)

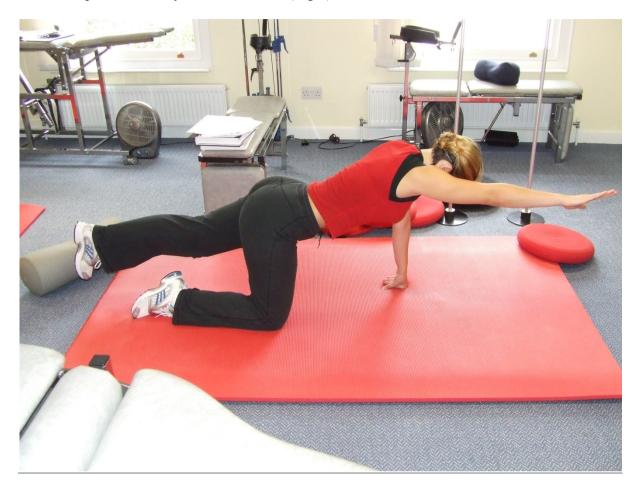


Fig 6 The Cross Raise

The next progression is the cross raise where opposite arm and leg are raised all the while concentrating on maintaining the spinal brace.