



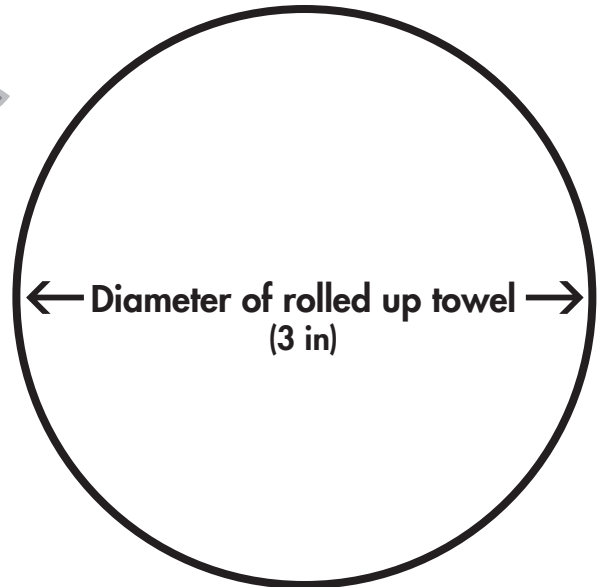
1. RHINO NECK EXTENSIONS

Roll up a towel and place it behind your neck and extend back comfortably and hold for 5 seconds. Then move your head back to the neutral position and relax for 5 seconds. Please do **25 repetitions 2 times per day**.



2. CERVICAL PILLOW

A rhino always sleeps on its back utilizing either a cervical pillow or a neck roll (rolled-up towel). This procedure restores your neck curve while you sleep.



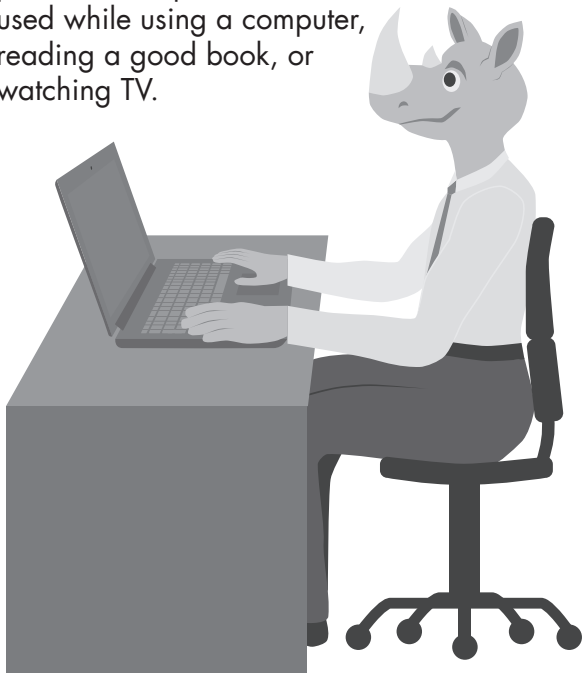
3. RHINO NECK STRETCHES (CERVICAL TRACTION)

Lay your head off the end of your bed and extend your neck as far back as possible. Start out at a **minimum of 3 minutes and progress your way up to a maximum of 10 minutes by increasing about 1 minute per week**. When you feel comfortable doing this stretch for 10 minutes, contact Dr. DeMoss and he'll fit you with an extension wedge and/or traction set.



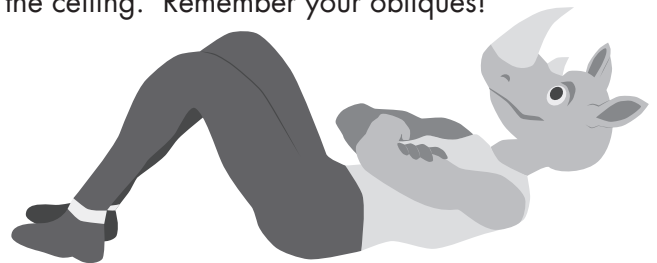
4. POSTURE

A rhino is always concerned about proper posture. It's important when restoring proper neck alignment to prevent too much flexion posture. This posture should be used while using a computer, reading a good book, or watching TV.



5. CRUNCHES

When doing crunches, do not put your hand behind your neck, which pulls it forward. Instead put your hands on your chest and pull up like you're trying to touch your nose to the ceiling. Remember your obliques!



6. LOW BACK EXTENSIONS

Lay on your stomach and put your hands on the small of your low back. Lift your torso up and hold for 5 seconds, then relax for 5 seconds. Once your rhino back gets stronger you can lift your legs to further strengthen your back and buttock muscles. Do **25 repetitions once per day**.



7. Denneroll

This device is to help give your neck a curve that we are looking for. This device can also help with reversals. Place the denneroll on the lower, mid or upper part of your neck (**Ask Chiropractor where to place it**). **Lay back and hold for 3 minutes.** After **3 minutes**, you can get back up.



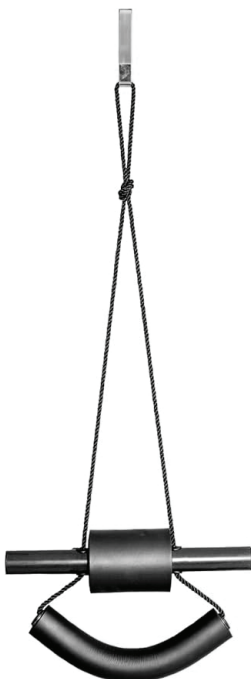
8. Inversion Device

This device helps open up disk spaces in the lumbar spine. Adjust the device at the **appropriate settings** before getting on, and your hips against the device. Lean forwards and bring your legs up. **Hold the position for 90 seconds and use the handles for support if needed.** After **90 seconds**, lean back to first position.



9. Wobble Chairs

The Wobble Chair exercises are great for stretching out the lumbar spine. **Sit on the chair at a 90 angle and you can do 1 of 5 different exercises.** 1) Roll your hips back and forth for 2 minutes. 2) Roll your hips left and right for 2 minutes. 3) Circle Clockwise for 2 minutes. 4) Circle Counterclockwise for 2 minutes. 5) Circle around making an infinite (∞) for 2 minutes.



10. Pettibon Traction

This exercise is great for opening up the disk space in the cervical spine. **Place device on forehead and neck while holding on to the grips.** Lower your hips down as if you are going to sit on a chair and look up. **Hold for 5 seconds then come up and rest for 5 seconds.** You will do this for 20 minutes. Use only 20% of your body