



Benefits of Doing Your Homecare Exercises



Are you wondering what those exercises we prescribed you are all about?

Proper spinal alignment is essential for optimizing nerve function and supporting a healthy nervous system. Each exercise in your personalized home care plan is carefully designed to address specific issues with your spine and posture. Over time, consistently practicing these spinal care exercises strengthens the muscles in your neck, back, and core, helping to shield your spine from the physical stresses of daily life.

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The MaxLiving Complete Homecare Kit includes spinal correction tools that complement and enhance your chiropractic care at home. These tools, combined with your exercises, maximize the benefits of your treatment plan.

Home care exercises also prepare your spine for adjustments. For example, wobble exercises and cervical traction help warm up your spinal muscles, improving their flexibility and readiness. Isometric spinal exercises target specific corrections by strengthening key muscle groups, while passive exercises help cool down your muscles and solidify the progress you've made during each session. Together, these exercises play a vital role in supporting spinal correction and minimizing the effects of subluxations on your overall well-being.

Want to see more benefits from your chiropractic care? Then definitely get started on your prescribed exercises (if you haven't already).

If you have questions or need a refresher on your exercises, our tech chiropractic assistant is here to help. Stop by the front desk to schedule an exercise consultation and ensure you're getting the most out of your home care routine.