

## ONE GREAT START TO ENDING CHRONIC HEADACHES

**DISCLAIMER:** First consult your doctor to ensure no break, infection, tumor, tear or organ involvement.

10 mins. At least once in the morning. Do exercises daily until pain stops for 48 hours. Once pain is gone, move to the overall conditioning program found on the links at the end.

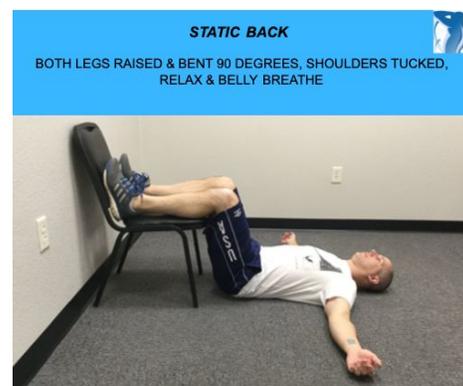
**Static Extension:** Turns off compensating hip muscles, restores the normal low back arch.

**How:** Kneel on all fours with shoulders directly over hands. Let back and head relax toward the floor so the shoulder blades come together. As you relax, let belly button push toward floor so there is a pronounced arch in your back. Keep elbows straight, and shift your hips forward 6-8 inches in front of knees. Hold 1 minute.



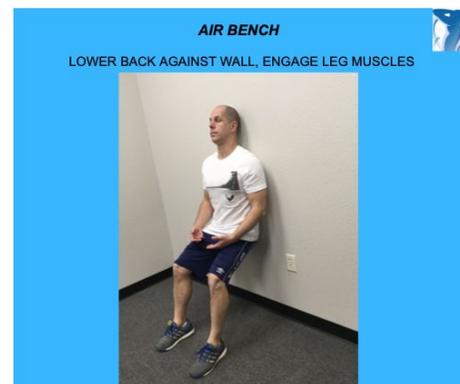
**Static Back:** This balances hips flat on floor while pairing hip and trunk structures.

**How:** Lie on back, both legs bent 90 degrees on couch, chair or stack of pillows. Arms rest straight out, below shoulder level, palms up. Let back settle into the floor. Focus on belly-breathing, stomach rising on inhale & fall on exhale. Hold position for 5 minutes.



**Air Bench:** This relinks the ankles, knees and hips.

**How:** Lean against wall. Press hips and lower back into wall. Walk feet forward. Slide down into sitting position. Do not sit below 90 degree knee bend. Keep Knees over ankles, not over the toes. If pain in kneecaps, raise body up the wall to relieve pressure. Hold up to 1 minute. If too much of a workout, try only a few seconds at a time and build to 1 minute. Walk around for a minute after this exercise. Repeat 2 more times.



These exercises have been proven in practice at Lovett Chiropractic  
<https://www.LovettChiro.com/Head-Relief>

## Head Relief Continued (Page 2/2)...

**Door Squat:** This balances lower-body muscles and structures, while the top is under proper vertical load.

**How:** Hold onto door frame, bend knees, hinge hips. Arch low back forward. Keep torso straight and vertical. Arms straight. Hold 1 minute and repeat.



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