

## ONE GREAT START TO ENDING CHRONIC SINUS PROBLEMS

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

20 mins. At least once in the morning. Do exercises daily until sinuses relax for 48 hours. Once sinus junk is gone, scan the link below for the next steps.

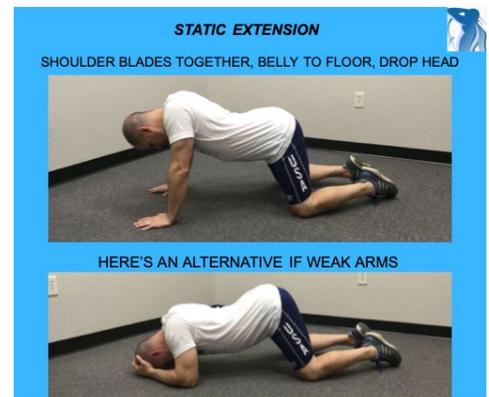
**Sitting Knee Pillow Squeezes:** This turns off compensating hip muscles for walking.

**How:** Sit on edge of chair. Arch low back forward. Place pillow between knees. Pull shoulders back. Knees and feet line up with hips. Relax stomach muscles. Using inner thighs, squeeze pillow for 2-second hold then release gently. You may need to fold pillow for thickness. Keep feet parallel to each other and don't let stomach or upper back participate. Do 4 sets of 20 reps.



**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.



**Gravity Drop:** This re-engineers the link between heels and all joints straight up to shoulders.

**How:** Stand on step, feet shoulder-width apart. Hold railing for support. Edge heels off step so more than half the foot is off the step. Let weight of body press down into heels to engage the backside muscles of leg. Don't bend knees. Hold for 3 minutes.



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

## **Sinus Pressure Relief Continued (Page 2/2)...**

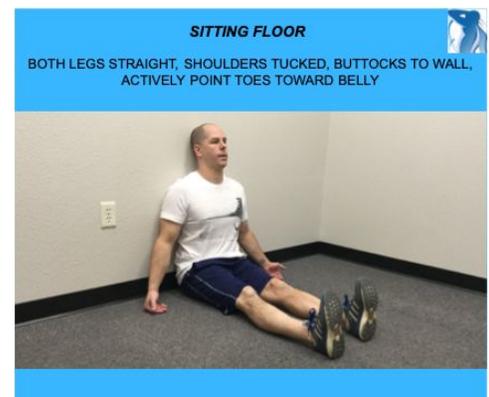
**Static Wall:** This engages front of the thighs and lower legs.

**How:** Lie on back. Legs straight up against wall, hip-width apart. Tighten thighs. Flex feet and toes back toward your belly-button. Get your buttocks and hamstrings (back of the thigh) as close to the wall as you can. The smaller the gap, the better. Concentrate on relaxing your upper body. Hold 4 minutes.



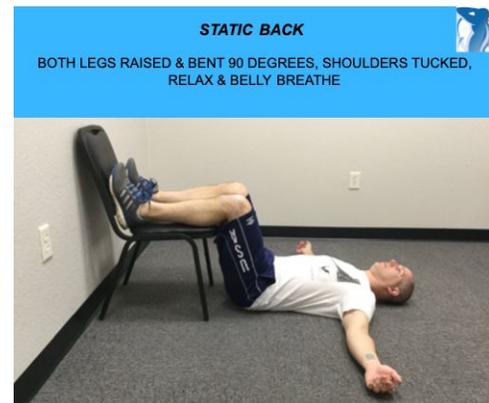
**Sitting Floor:** Balances shoulders with the knees and ankles.

**How:** Sit against wall with legs straight out in front. Squeeze shoulder blades together and hold. Do not elevate shoulders. Tighten thighs. Point the feet toward belly button. Hold 4 minutes.



**Static Back:** This balances the back & hips flat on the floor in neutral position.

**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 5 minutes.



**If You Would Enjoy More Tips, Scan The QR Code Now With Your Camera or App:**



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