

# SHIFT CORRECTION PROTOCOLS

- Do these on a firm surface like the floor, not on the bed or couch.
- Lie on the folded blanket or towels 6 (inch thick) for 5 min.
- Roll off onto the floor.
- Prop up on elbows and if no increased pain....
- Press up 5-10 times as long as it does not increase your symptoms.
- Roll back onto the folded blanket for 5 more minutes.
- Repeat a total of 3 times. Do this entire sequence 3 times each day.

