

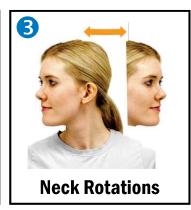
2504 Monroe St., LaPorte, IN 46350 | www.LaPorteWellness.com | (219) 326-5100

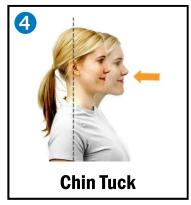
POSTURE CORRECTION PROGRAM Phase 1 of 3: SPINAL MOBILITY

Instructions: Perform exercises SLOWLY avoiding sharp pain. Perform 10-20 reps per side, twice daily.





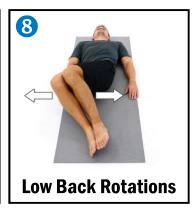


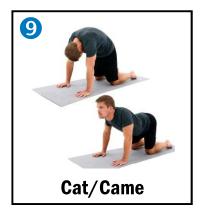




















Purchase for Phase 2



36" FOAM ROLLER SCAN & BUY

DISCLAIMER: