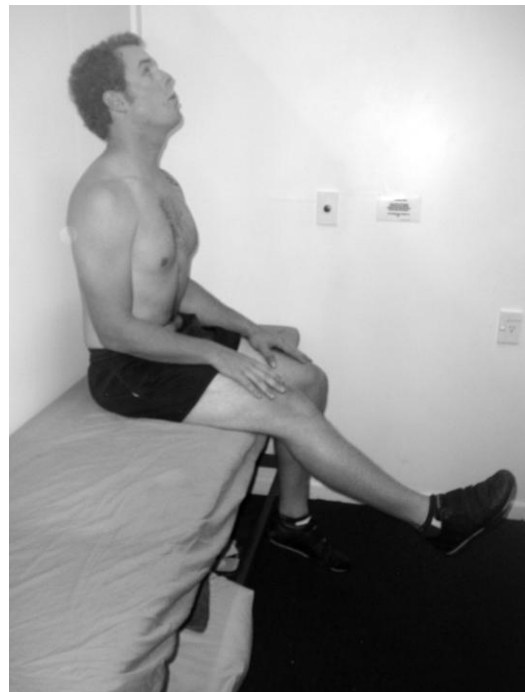
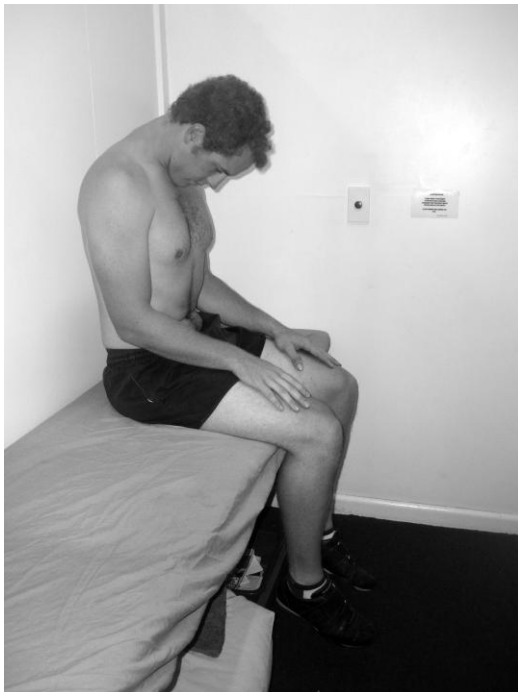




Neural Flossing exercise

This exercise helps to improve the mobility of the nerves in the back and legs. Because nerves are very sensitive, this exercise should be done slowly ***under the guidance of your physiotherapist.***



Starting Position

In sitting with your legs free to swing, drop your head down to look at your feet.

Action

As you lift your head, straighten the knee and pull your toes towards you. Return to the starting position by bending your knee and looking down again at the same time. The movement should be slow and coordinated.

Repeat ___ times on the ___ leg / both legs.

Do ___ times / day