



Forest City Family Chiropractic

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Mirror Image Exercise & Molding Chart

(For Exercises - Record # of sets of 15 repetitions on sheet)

Start at 15 reps by 15 per day; Max 225 in a row

(For Traction, Blocking or Molding – Record time in Minutes on sheet)

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Points to Remember:

- It is normal to have some discomfort afterwards
- If pain occurs, apply an ice pack for 10 minutes
- Don't go beyond personal limitations to fit the 12 week schedule
- Understand that your success is dependant on doing your home care regularly!
- Do ask Dr. Batte if you have any questions!