




SPINE EXERCISES

COMPLIANCE SCHEDULE

 Painless
  With discomfort
  Unrealized

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							
WEEK 7							
WEEK 8							
WEEK 9							
WEEK 10							
WEEK 11							
WEEK 12							

[Make an appointment with Dr. Jordi Jiménez.](#) He will see you in the center of Palma de Mallorca and help you regain your quality of life.