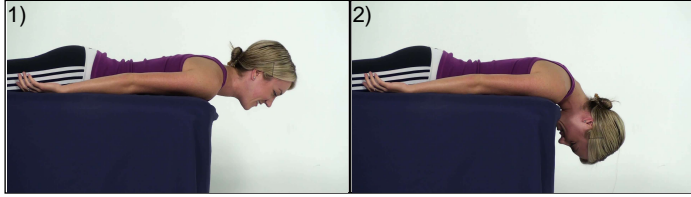


Stretch cerv flx prone arms at side

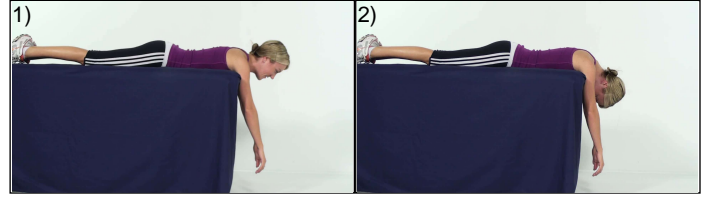


- Lie face down, on bench or firm bed with head and shoulders off the edge.
- Arms should be at side.
- Slowly lower neck forward until a stretch is felt on the back of neck and middle back.
- Hold, return to start position and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv flx prone arms up

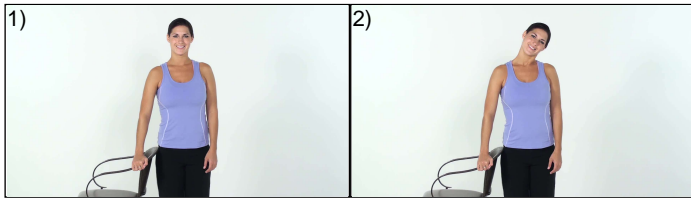


- Lie face down on bench or firm bed with head and shoulders off the edge.
- Arms should be overhead hanging down.
- Slowly lower neck forward until a stretch is felt on the back of neck and middle back.
- Hold, return to start position and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv sidebend arm stable



- Stand with one arm holding on to secure object such as table.
- Bend head to the opposite side gently stretching muscles on side of neck.
- Repeat to other side.

Special Instructions:

Keep shoulder down on the side of the arm holding table.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch cerv sidebend w/pressure opposite side



- Sit or stand.
- Place hand on top of head.
- Keep head facing forward and gently pull head sideways as shown.
- Repeat with other side.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Levator scapulae arm behind



- Sit.
- Place arm behind back.
- Place other hand on top of head.
- Pull head down and to diagonally, looking toward the hip.
- Repeat on other side.

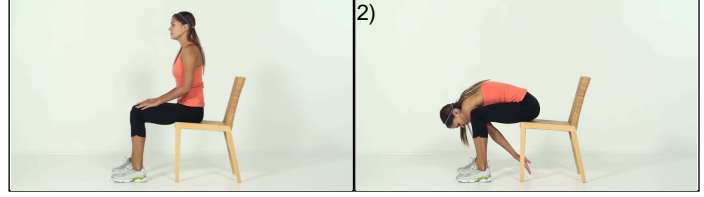
Special Instructions:

The stretch can be increased by moving the shoulder of the arm behind the back downward.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch lumbar flx sit

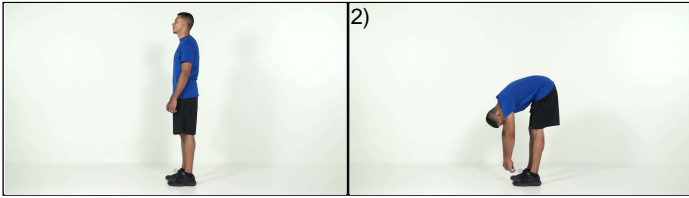


- Sit in chair with knees apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch lumbar flx stand

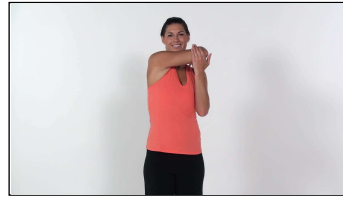


- Stand with arms at sides.
- Slowly bend head forward.
- Continue bending with the mid back and then the low back.
- Return to start position and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Rhomboids



- Bring arm across in front of body as shown.
- Hold elbow with opposite arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Rhomboids stand at door

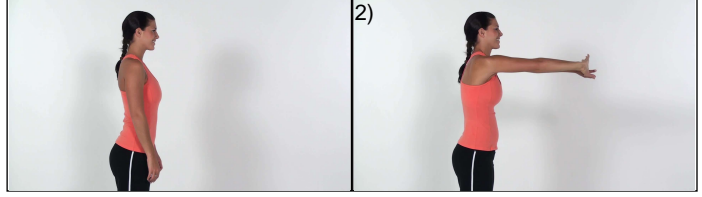


- Hold onto door jamb or other rigid support with both hands.
- Keep elbows straight and lean back as shown, until a gentle stretch is felt between shoulder blades.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch Rhomboids, wrist flexors bil (front)



- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch shld capsule posterior w/arm

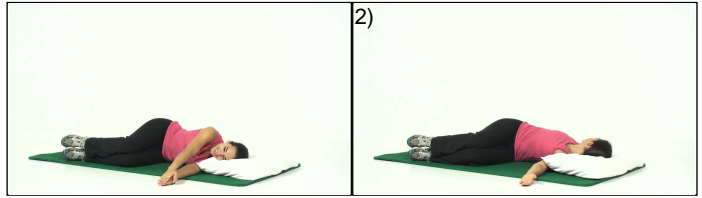


- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Stretch thoracic rotn sidelying



- Lie on side with hips and knees bent at 90 degrees.
- Place arms out in front, palms together.
- Slowly lift top arm up and gently lower to floor.
- Try to get upper arm, forearm, and hand on floor.
- Keep knees on floor.
- Return arm back to start position.
- Repeat stretch on other side.

Special Instructions:

When raising arm back up, inhale first and exhale as arm is lifted.

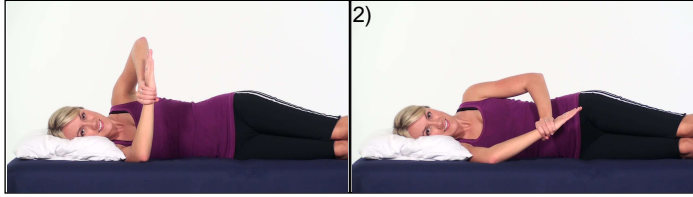
Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

Issued By: Michael Henry

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

Stretch shld posterior capsule sidelying



- Lie on involved side.
- Position involved arm out away from side.
- Use other arm and gently push forearm of involved arm downward.
- Hold and repeat.

Perform 4 sets of 15 second(s), twice a day.

Hold exercise for 15 Seconds.

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