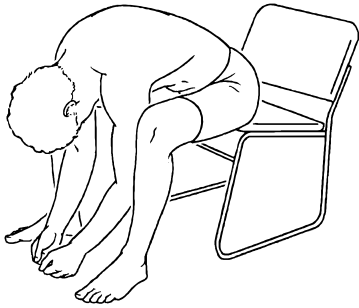


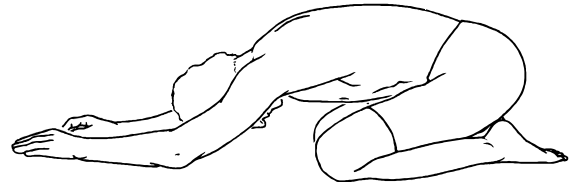
BACK - 17 Lower Back Stretch (Sitting)



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold 20 seconds.

Repeat 3 times per set. Do 2 sets per session. Do 2 sessions per day.

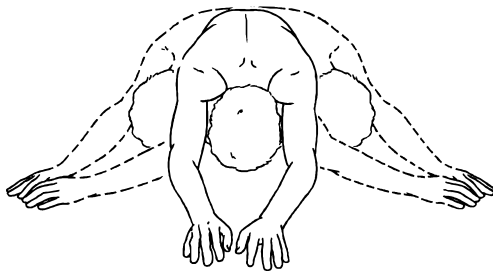
BACK - 20 Mid-Back Stretch



Push chest toward floor, reaching forward as far as possible. Hold 30 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 2 sessions per day.

BACK - 21 Mid-Back Rotation Stretch

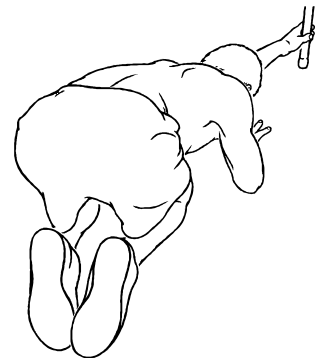


Reach to each side as far as possible, keeping chest low to floor. Hold 20 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 2 sessions per day.

BACK - 85 Lumbar Side-Bend: with Flexion Stretch (Kneeling)

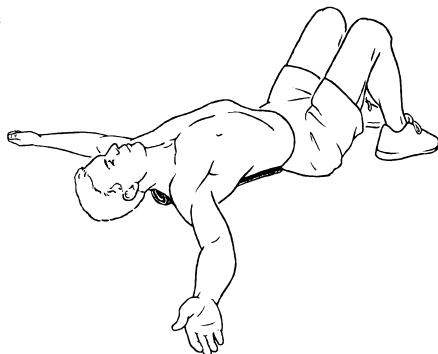
Grasping fixed object with left hand, sit back on heels. Hold 20 seconds. Relax.



Repeat 3 times per set. Do 1 sets per session. Do 2 sessions per day.

SPINAL MOBILIZATION - 16 Thoracic Self-Mobilization (Supine)

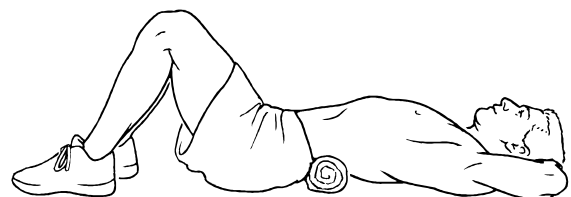
With rolled towel placed lengthwise at lower ribs level, lie back on towel with arms outstretched. Hold 60 seconds. Relax.



Repeat 2 times per set. Do 1 sets per session. Do 2 sessions per day.

SPINAL MOBILIZATION - 14 Lumbar Self-Mobilization Stretch (Supine)

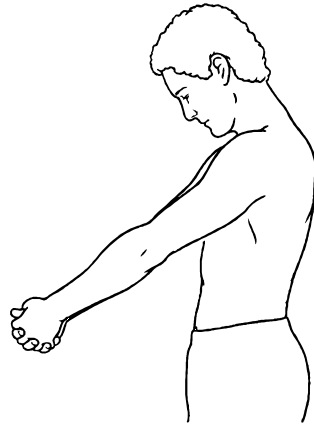
With small rolled towel at hip crest level, gently lie back until stretch is felt. Hold 30 seconds. Relax.



Repeat 3 times per set. Do 1 sets per session. Do 2 sessions per day.

CERVICAL SPINE - 30
Lower Cervical / Upper Thoracic Stretch

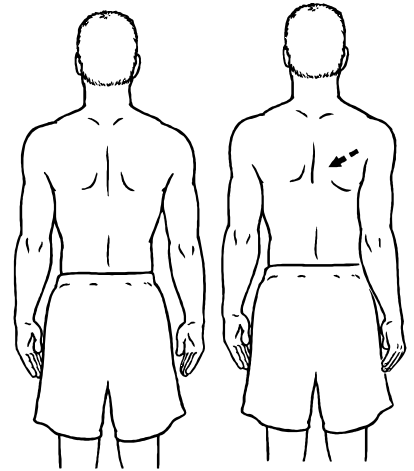
Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 20 seconds.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

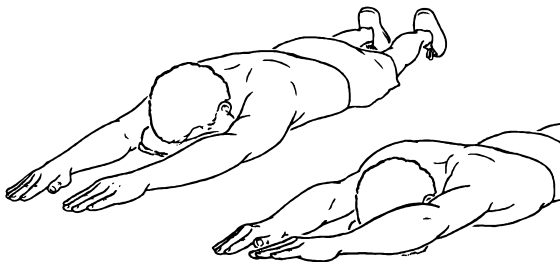
SHOULDER - 102 Scapular Retraction:
Unilateral (Standing)

With arms at sides, move right shoulder blade down and toward opposite side hip.



Repeat 10 times per set.
Do 3 sets per session.
Do 2 sessions per day.

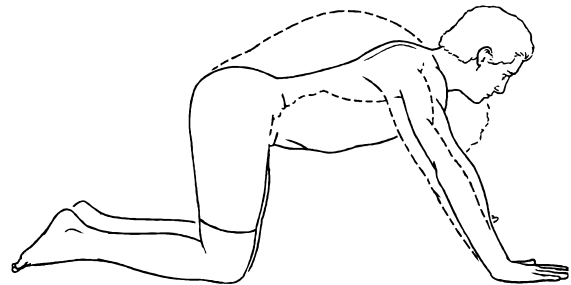
SHOULDER - 109 Scapular Retraction: Flexion (Prone)



Lie with arms forward. Pinch shoulder blades together and raise arms a few inches from floor.

Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

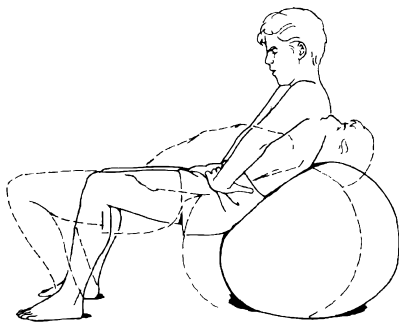
BACK - 14 Angry Cat Stretch



Tuck chin and tighten stomach, arching back.

Repeat 10 times per set. Do 2 sets per session.
Do 2 sessions per day.

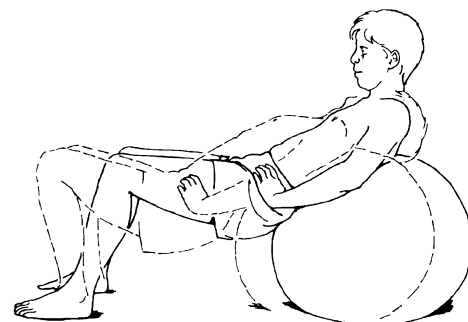
SPINE - 53
Sitting Middle Thoracic Stretch



From sitting, slide down ball into dotted position, stretching middle back. Hold 30 seconds.

Repeat 3 times per set.
Do 1 sets per session. Do 2 sessions per day.

SPINE - 52
Sitting Upper Thoracic Stretch

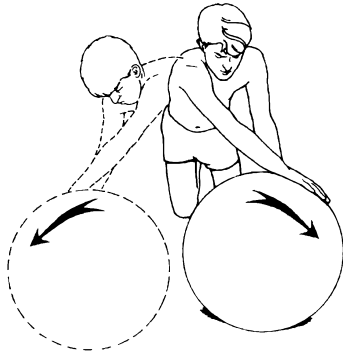


From sitting, slide down ball into dotted position, stretching upper back. Hold 30 seconds.

Repeat 3 times per set.
Do 1 sets per session. Do 2 sessions per day.

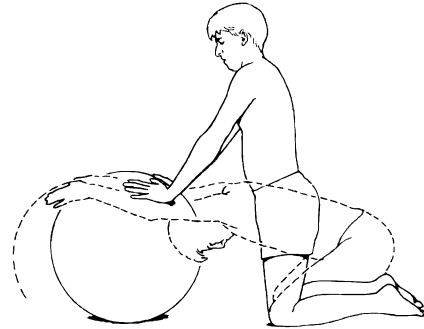
UPPER EXTREMITY - 26
Kneeling Horizontal Abduction/Adduction

Keeping arms extended,
roll ball from side to side,
stretching shoulders. Hold
20 seconds each side.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

UPPER EXTREMITY - 24
Kneeling Forward/Backward Roll



Roll ball forward and hold _____ seconds. Return to starting position.

Repeat _____ times per set.
Do _____ sets per session. Do _____ sessions per day.

SPINE - 57
Kneeling Side-to-Side Stretch

From kneeling,
stretch to one side.
Hold 20 seconds.
Repeat to other side.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.