

AROM lumbar ext standing



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

AROM lumbar rotn stand



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend standing



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

AROM cerv retract (chin tuck) sit/stand



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Stretch Rhomboids



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 10 Seconds.

Stretch Trapezius upper



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch Levator scapulae arm behind



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

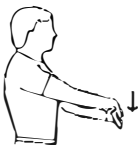
Stretch cerv sidebend w/pressure opposite side



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch wrist flexors straight w/sup

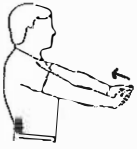


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch wrist flexors straight arm pron

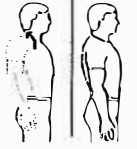
Perform 1 set of 4 Repetitions, twice a day.



Hold exercise for 10 Seconds.

AROM shld elev/retract bil (shld rolls)

Perform 1 set of 10 Repetitions, once a day.



Perform 1 repetition every 4 Seconds.