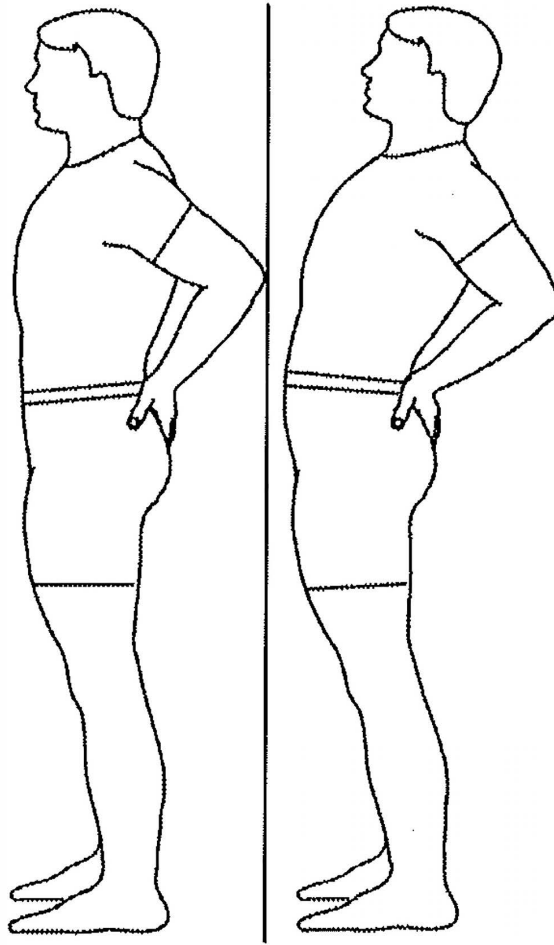


AROM lumbar ext standing



- Stand with feet shoulder distance apart.
- Place hands on hips as shown.
- Arch backwards.
- Return to start position and repeat.

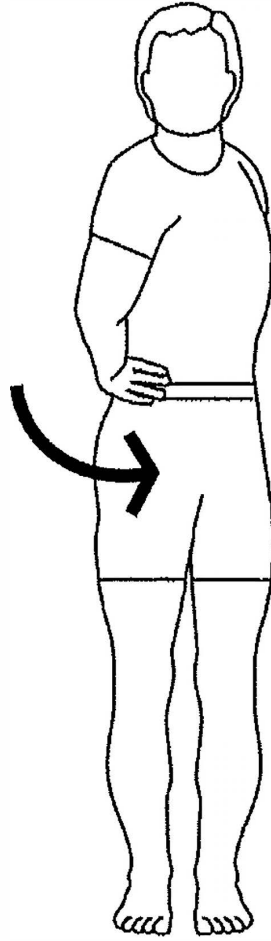
Special Instructions:

Perform at rate of one arch per second.

Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

AROM lumbar rotn stand

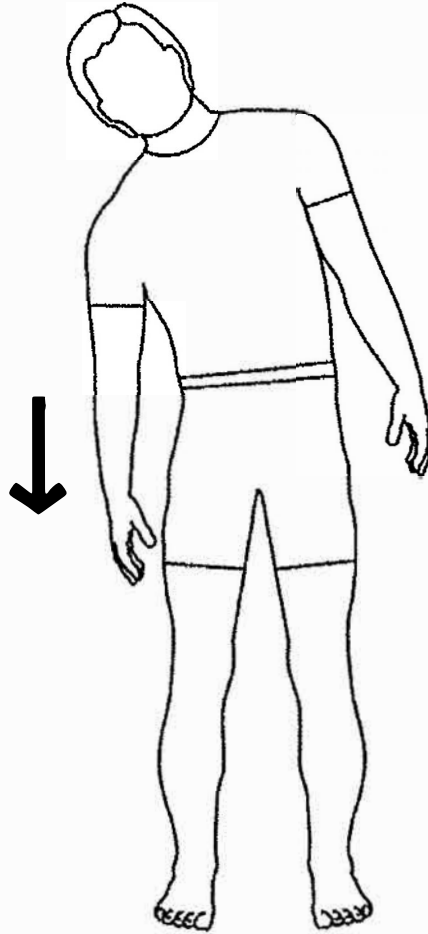


- Stand.
- Place hands on hips and keep feet flat on floor.
- Twist trunk to left and then to right.
- Repeat.

Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

AROM lumbar sidebend standing

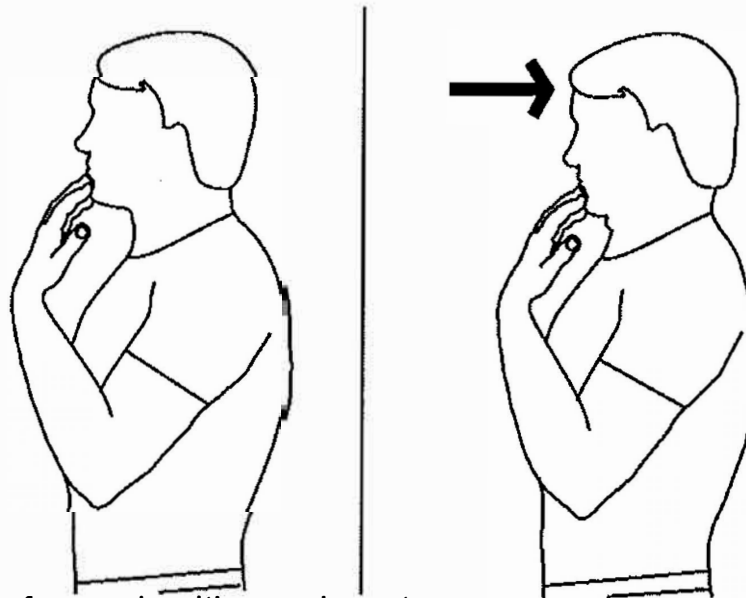


- Stand with feet shoulder distance apart, arms at side.
- Bend trunk sideways to left, reaching hand toward knee.
- Return to upright position and repeat to right.

Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

AROM cerv retract (chin tuck) sit/stand



- Sit or stand, looking forward, with good posture.
- Tuck chin in.
- Return to start position.

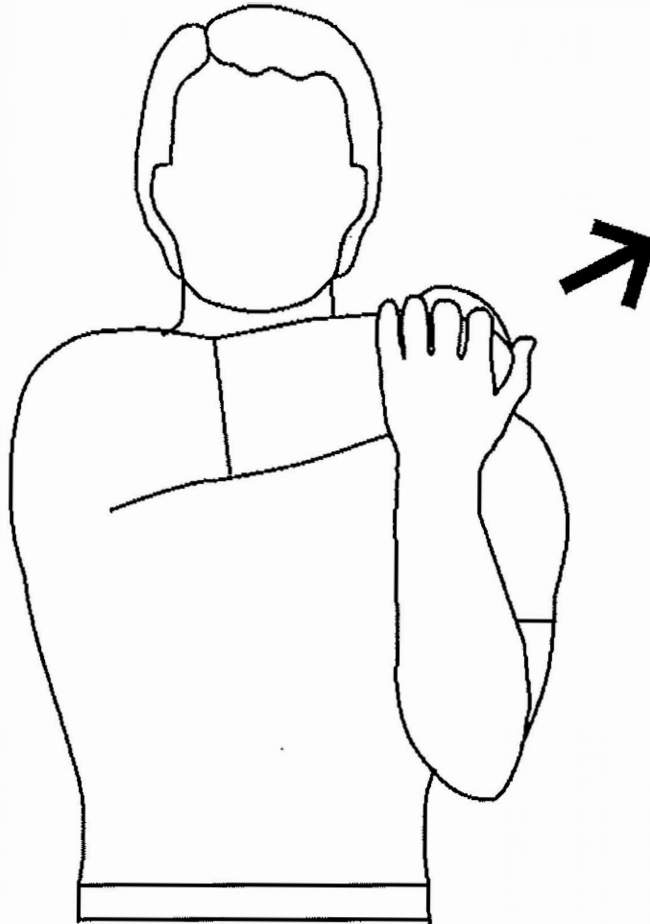
Special Instructions:

To progress, place finger on chin, apply backwards pressure.

Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Stretch Rhomboids

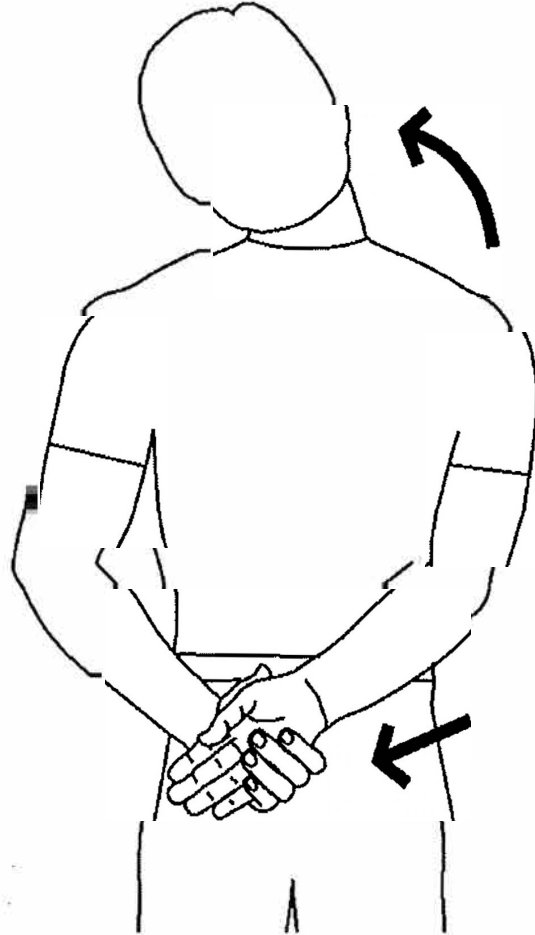


- Bring left arm across in front of body as shown.
- Hold elbow with right arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 10 Seconds.

Stretch Trapezius upper

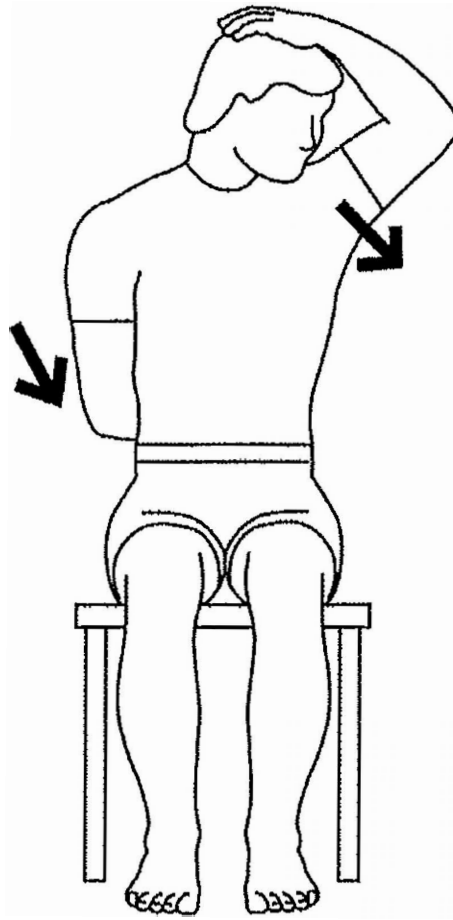


- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck sideways to left as you pull your right arm.
- Repeat for other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch Levator scapulae arm behind



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

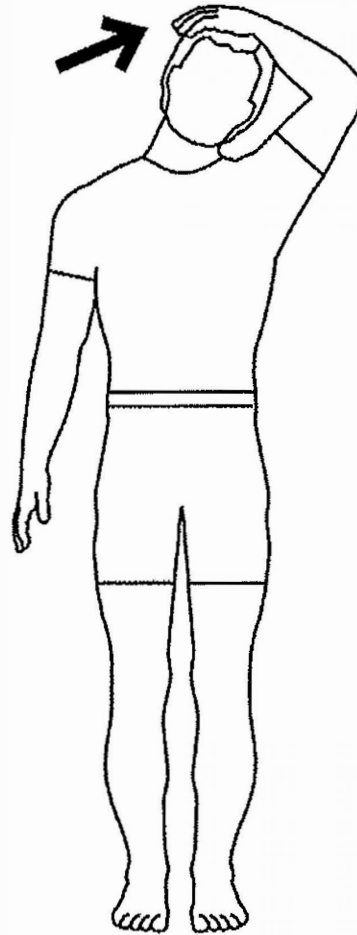
Special Instructions:

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

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch cerv sidebend w/pressure opposite side

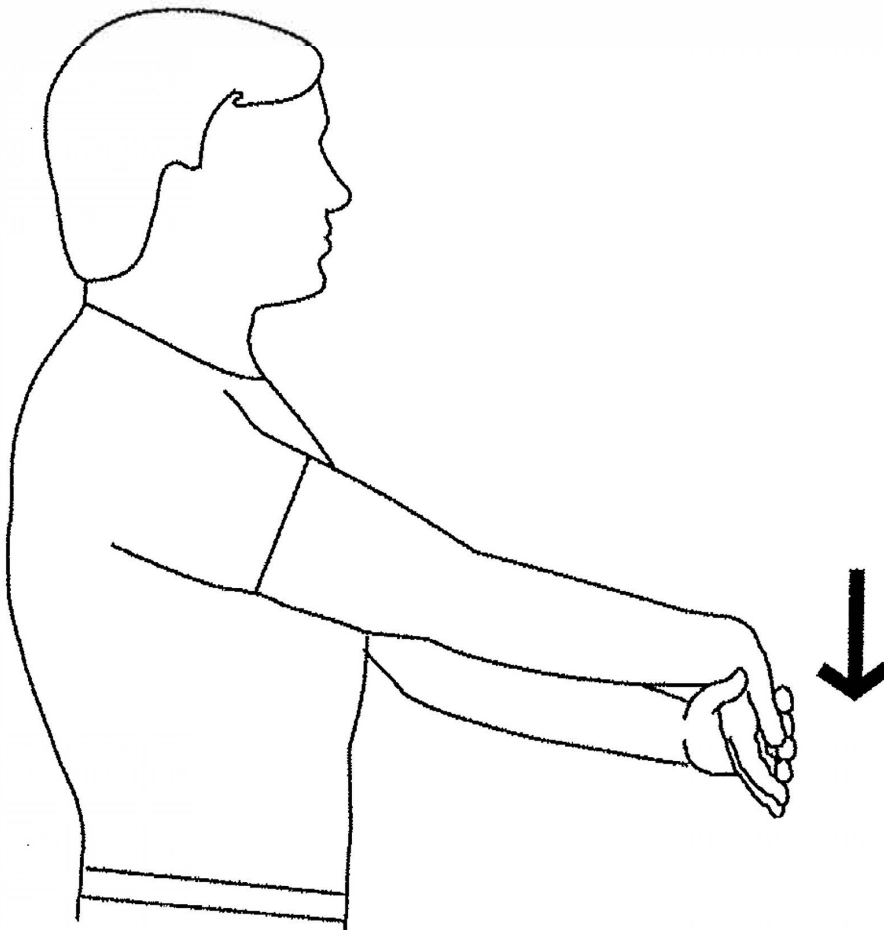


- Sit or stand.
- Place right hand on top of head.
- Keep head facing forward and gently pull head sideways to right.
- Repeat with left arm.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch wrist flexors straight w/sup

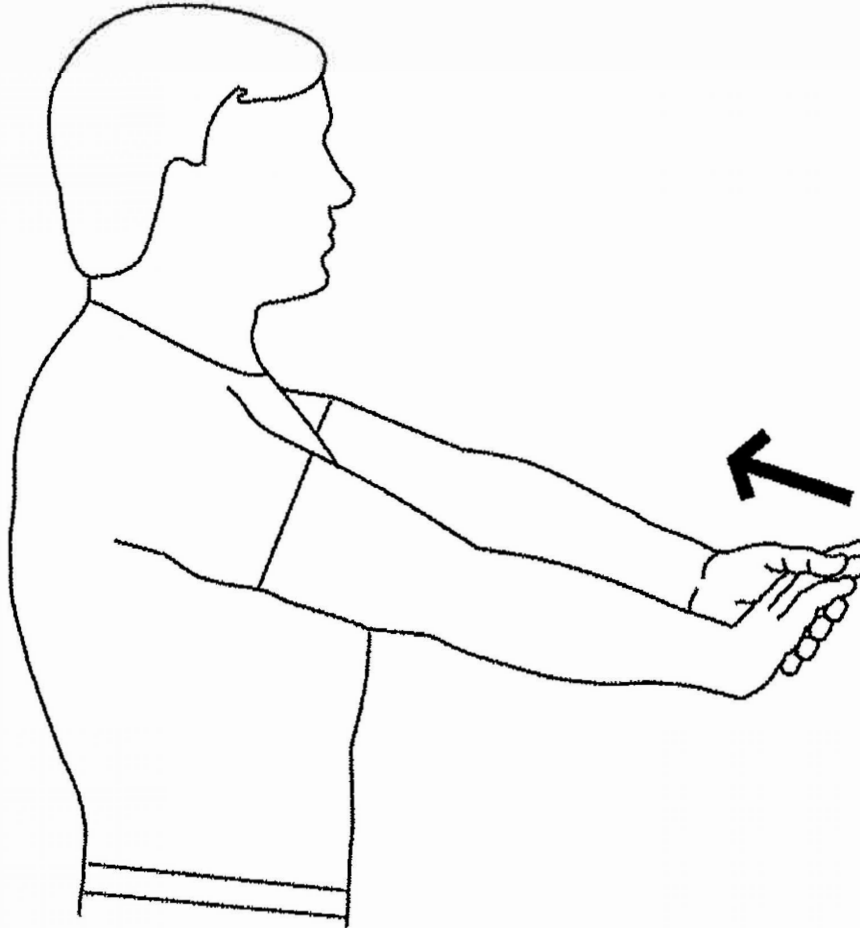


- Position hand palm up.
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull hand down gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

Stretch wrist flexors straight arm pron

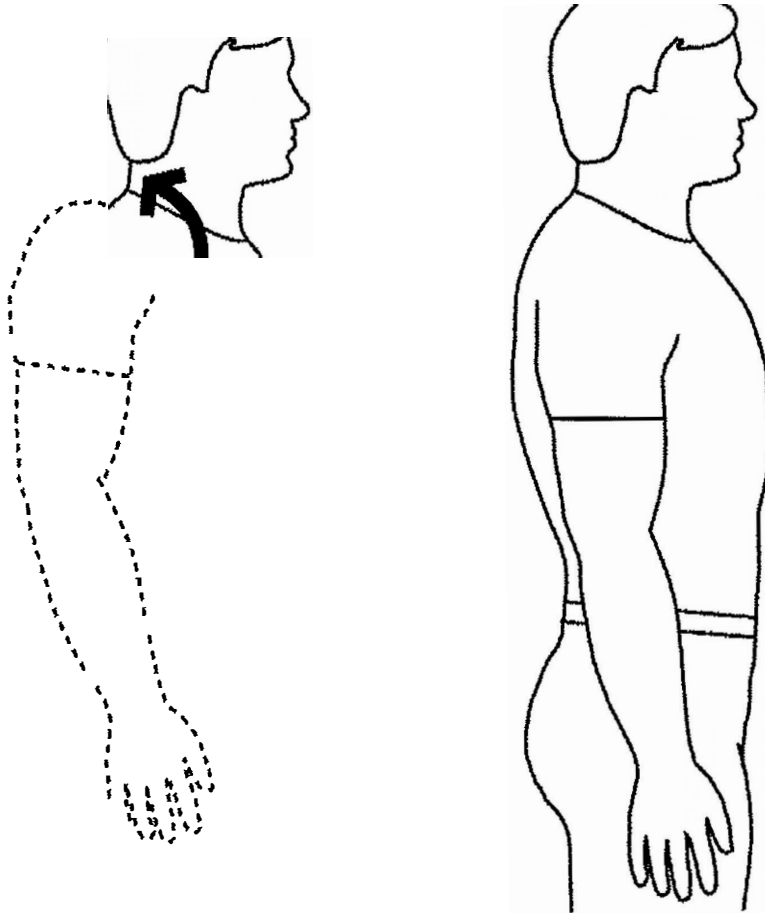


- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 10 Seconds.

AROM shld elev/retract bil (shld rolls)



- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position.

Perform 1 set of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.