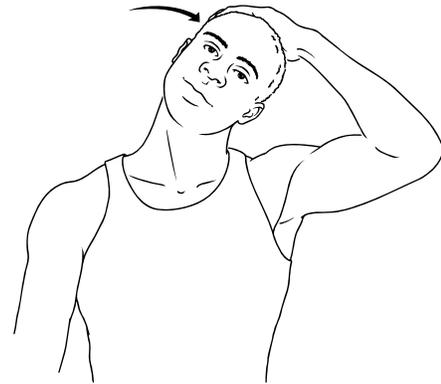


GENERAL GUIDELINES

- When performing a stretch, move the designated body part to a position of mild stretch.
- If possible, increase your stretch to a position of mild discomfort but NOT pain.
- Maintain a normal, relaxed breathing pattern throughout the stretch. Do not hold your breath.
- If you feel unbalanced while doing a standing stretch, brace yourself with one hand, using a firm support such as a counter top, wall, or heavy piece of furniture.

NECK - 12 Side Bend, Sitting



Sit, hand over top of head. Gently pull head to one side. Hold 7-10 seconds.
Repeat 10 times per session. Do 1-2 sessions per day.

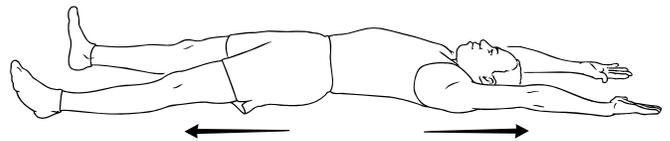
NECK - 16 Levator Stretch, Sitting

Sit, one hand tucked under hip on side to be stretched, other hand over top of head. Turn head toward other side and look down. Use hand on head to gently stretch neck in that position. Hold 7-10 seconds.



Repeat 10 times per session.
Do 1-2 sessions per day.

SHOULDER - 38 Flexors Stretch, Supine



Lie on back and extend both hands and feet as far as possible. Hold 7-10 seconds.
Repeat 10 times per session. Do 1-2 sessions per day.

SIDE / TORSO - 15 Side Stretch, Standing Bend

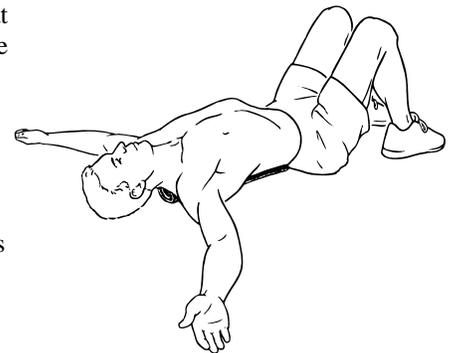
Stand, one arm straight overhead. Place other hand on hip and bend to that side as far as is comfortable. Hold 7-10 seconds.



Repeat 10 times per session.
Do 1-2 sessions per day.

SPINAL MOBILIZATION - 16 Thoracic Self-Mobilization (Supine)

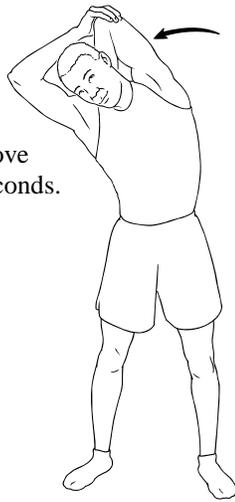
With rolled towel placed lengthwise at lower ribs level, lie back on towel with arms outstretched. Hold 7-10 seconds. Relax.



Repeat 10 times per set.
Do 1-2 sets per session.
Do 1-2 sessions per day.

SIDE / TORSO - 18 Side Stretch, Standing Bend

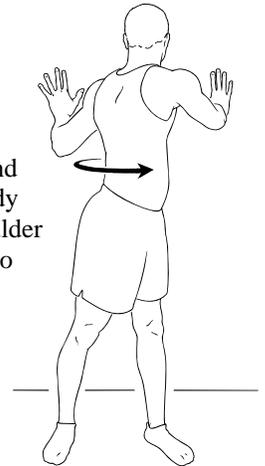
Stand, one hand on opposite elbow, above head. Bend to one side. Hold 7-10 seconds.



Repeat 10 times per session.
Do 1-2 sessions per day.

UPPER-MID BACK - 11 Rotation With Wall Assist Standing

Stand, feet 12-24 inches from wall and shoulder-width apart. Turn upper body and try to place hands on wall at shoulder height. Hold 7-10 seconds. Repeat to other side.



Repeat 10 times per session.
Do 1-2 sessions per day.