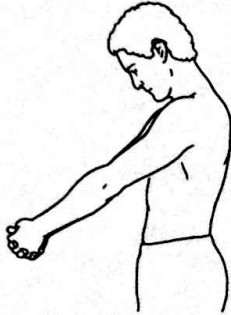


CERVICAL SPINE - 30
Lower Cervical / Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds.



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

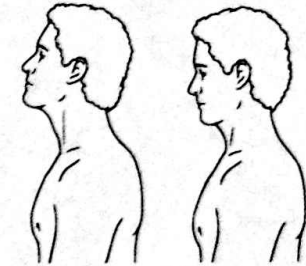
CERVICAL SPINE - 26 Flexibility: Neck Stretch

Grasp left arm above wrist and pull down across body while gently tilting head same direction. Hold 30 sec. Then repeat to opposite direction. seconds. Relax.



Repeat 1 times per set.
Do 30 sets per session.
Do 1 sessions per day.

CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level. Hold 10 sec.

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

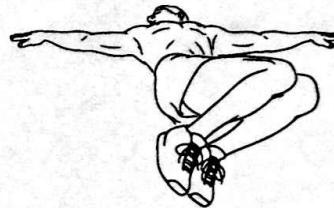
SHOULDER - 26 ROM: Pendulum (Circular)

Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern. Repeat with opposite arm.



Circle 30 times each direction per set.
Do 3 sets per session.
Do 1 sessions per day.

SPINAL MOBILIZATION - 26 Lumbar Rotation: Caudal - Bilateral (Supine)



Feet and knees together, arms outstretched, rotate knees left, turning head in opposite direction, until stretch is felt. Hold 30 seconds. Relax. Repeat to opposite direction.

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

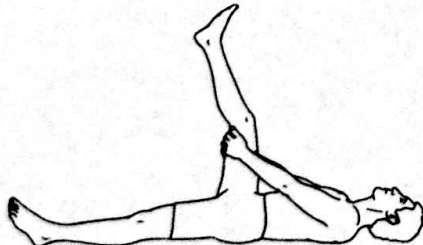
BACK - 20 Mid-Back Stretch



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

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

HIP / KNEE - 38 Stretching: Hamstring (Supine)

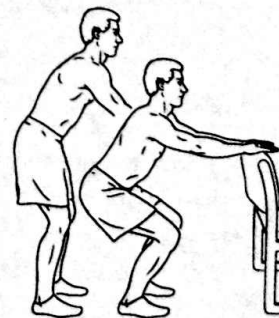


Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds. Repeat on opposite side.

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

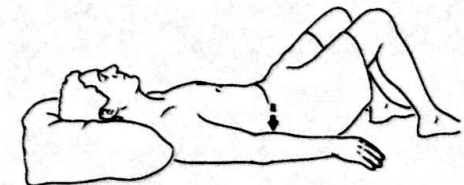
HIP / KNEE - 78 Functional Quadriceps: Chair Squat

Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.



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

TRUNK STABILITY - 4 Isometric Abdominal



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold 5 seconds.

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