

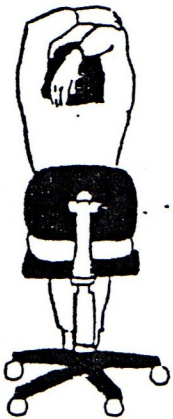
Hold all stretches  
10 seconds,  
Repeat 3 Times



HIGH REACH  
2 times per day



SHOULDER/UPPER BACK  
STRETCH  
2 times per day



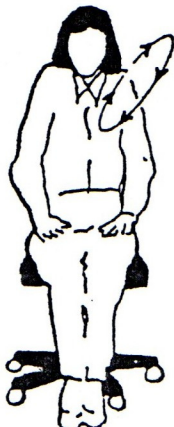
SHOULDER STRETCH  
2 times per day



HEAD TILTS TO BOTH  
SIDES & FORWARD  
2 times per day



UPPER TRUNK STRETCH  
2 times per day



SHOULDER SHRUGS  
20 times circling back  
1-2 times per day



FORWARD FLEXION  
STRETCH  
2 times per day



LOW BACK  
EXTENSION STRETCH  
2 times per day