

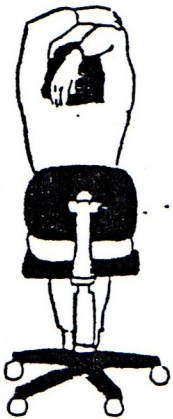
Hold all stretches
10 seconds,
Repeat 3 Times



HIGH REACH
2 times per day



SHOULDER/UPPER BACK
STRETCH
2 times per day



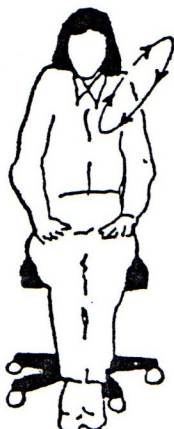
SHOULDER STRETCH
2 times per day



HEAD TILTS TO BOTH
SIDES & FORWARD
2 times per day



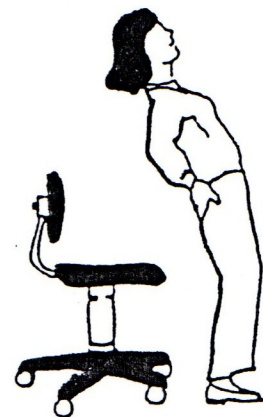
UPPER TRUNK STRETCH
2 times per day



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