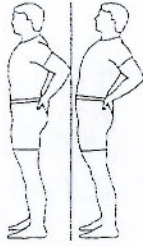


AROM lumbar ext standing



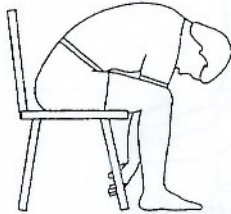
- Stand with feet shoulder distance apart.
- Place hands on hips as shown.
- Arch backwards.
- Return to start position and repeat.

Special Instructions:

Perform at rate of one arch per second.
Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Stretch lumbar flx sit

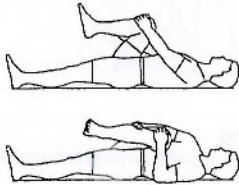


- Sit in chair with knees apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Piriformis supine w/hip flx



- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Grasp lower calf with your other hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Lattisimus/Obliques stand

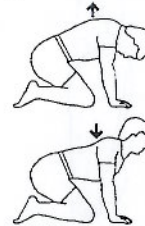


- Raise right arm overhead behind head, holding with left arm.
- Bend knees slightly to provide better balance.
- Pull arm as you bend trunk to left.
- Repeat with other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

AROM thoracic ext/flx 4 point kneel bent elbow

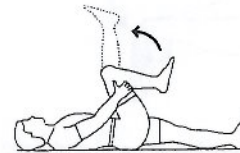


- Kneel on hands and knees with buttocks on heels.
- If this is uncomfortable, a pillow may be placed between heels and buttocks.
- Arch mid back upward.
- Arch back downward.
- Repeat.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Stretch hamstrings supine active

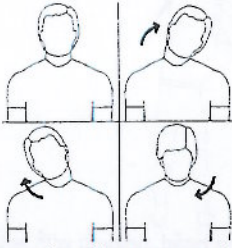


- Lie on back holding knee from behind, pulled toward chest, as shown.
- Gently straighten leg.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

AROM cerv circum



- Sit or stand, looking forward, with proper posture.
- Gently roll head in circles to left, then to right, as shown.

Special Instructions:

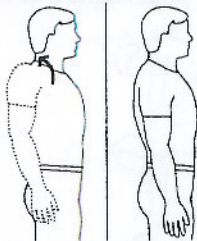
DO NOT BEND NECK BACKWARDS.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld elev/retract bil (shld rolls)



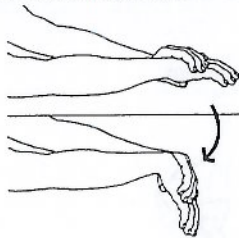
- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch wrist extensors straight arm

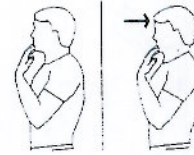


- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 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 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch wrist flexors bent elbow

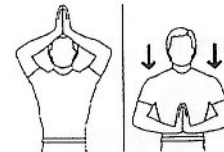


- Grasp fingers of one hand with other hand.
- Keeping elbow bent on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch wrist flexors bil (prayer)



- Place palms together over head.
- Keep palms together and move hands downward as far as possible.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.