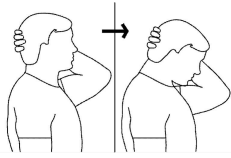
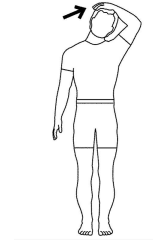


Stretch cerv flx



- Place hand on back of head.
 - Gently push chin to chest.
- Perform 1 set of 4 Repetition, twice a day.**
Hold exercise for 20 Seconds.

Stretch cerv sidebend w/pressure opposite side



- Sit or stand.
 - Place right hand on top of head.
 - Keep head facing forward and gently pull head sideways to right.
 - Repeat with left arm.
- Perform 1 set of 4 Repetitions, twice a day.**
Hold exercise for 20 Seconds.

Stretch Levator scapulae arm down



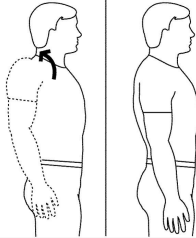
- Sit on chair
 - Grasp seat with the hand on the side of the tightness.
 - Place your other hand on head and gently pull down and diagonally to other side.
- Special Instructions:**
Look in the direction you are pulling.
- Perform 1 set of 4 Repetitions, twice a day.**
Hold exercise for 20 Seconds.

Stretch Pectoral standing w/shld ER



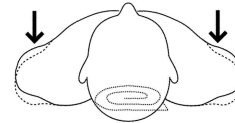
- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
 - Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.
- Perform 1 set of 4 Repetitions, twice a day.**
Hold exercise for 20 Seconds.

AROM shld elev/retract bil (shld rolls)



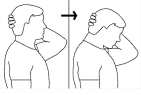
- Stand or sit, raise shoulders upward toward ears, and roll backwards.
 - Return to start position.
- Special Instructions:**
when performed with door stretch alternate 1 min door stretch with 1 set of shoulder rolls.
- Perform 3 sets of 10 Repetitions, once a day.**

Stretch Pectoral supine static arms at side



- Lie on back with towel roll placed vertically between shoulder blades.
 - With arms at side, gently allow shoulders to move toward floor.
- Perform 1 set of 4 Repetitions, twice a day.**
Use Towel.
Hold exercise for 20 Seconds.

Stretch cerv flx



Perform 1 set of 4 Repetition, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv sidebend w/pressure opposite side



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Levator scapulae arm down



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

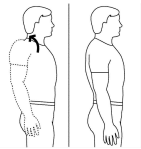
Stretch Pectoral standing w/shld ER



Perform 1 set of 4 Repetitions, twice a day.

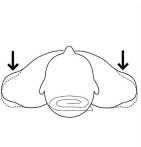
Hold exercise for 20 Seconds.

AROM shld elev/retract bil (shld rolls)



Perform 3 sets of 10 Repetitions, once a day.

Stretch Pectoral supine static arms at side



Perform 1 set of 4 Repetitions, twice a day.

Use Towel.
Hold exercise for 20 Seconds.

Issued By: First Choice

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.