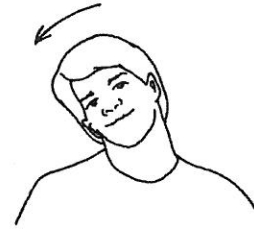
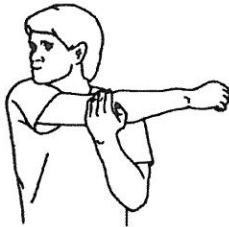


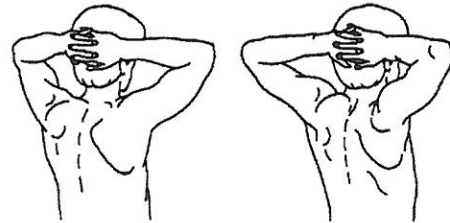
1. Rotation, Active, 1 set of 10
 Slowly turn your head to the right, then to the left. Maintain good neck posture. Hold 3-5 seconds each side. Do 1 set of 10.



2. Sidebending, Active, 10 reps
 Maintain good posture and bend your head toward your right shoulder, while continuing to look straight ahead. Hold for 3-5 seconds and return to the starting position. Repeat to the left. Perform 10 times each side.



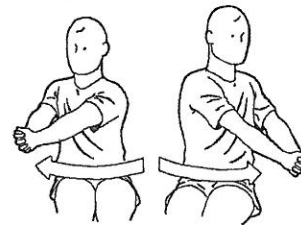
3. Posterior Cuff Stretch, AAROM, 1 set of 10
 Gently pull one arm across your chest as shown. Hold for 5-10 seconds. Relax. Do 1 set of 10.



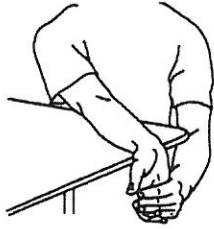
4. Scapular Retract, Hands Behind, 1 set of 10
 Clasp your hands behind your head, elbows up. Slowly bring your elbows back as far as possible. Hold for 5-10 seconds, then relax and return to the starting position. Do 1 set of 10.



5. Sidebending, Sitting, 1 set of 10
 Standing or seated, bend your trunk to the right, lifting your left arm overhead as shown. Do not lean forward, only to the side. Return to the starting position. Repeat to the left. Hold each position for 5-10 seconds. Do 1 set of 10.

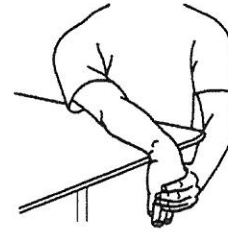


6. Trunk Twisting, 1 set of 10
 Sitting or standing, turn your body toward the left as far as comfortable. Hold 3-5 seconds. Repeat to the right. Do 1 set of 10.



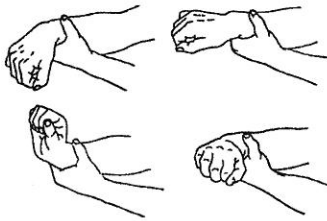
7. Wrist Flexor Stretch, 1 set of 10

Sit at a table with your arm supported as shown. Straighten your elbow completely, with your palm up. Gently pull your hand down as far as possible. Hold for 5 seconds. Do 1 set of 10.



8. Wrist Extensor Stretch, 1 set of 10

Sit at a table with your forearm supported as shown. Straighten your elbow completely, with your palm down. Gently pull your hand down with your other hand as far as possible. Hold for 5 seconds. Do 1 set of 10.



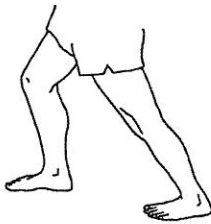
9. Wrist Circles, 1 set of 10

Hold your fingers in a loose fist, supporting at the wrist with your opposite hand. Move the fisted hand clockwise in a circle. Repeat in the counterclockwise direction. Do 1 set of 10.



10. Hamstring Stretch, Sitting, 1 set of 10

Sit with foot propped on footstool with knee straight. Lean forward from hips as you reach toward your foot. Keep head flexed down - don't look up. Hold for 5 seconds. Relax. Do 1 set of 10.



11. Achilles Stretch, Gastroc, 1 set of 10

Stand facing a wall, with one foot in front of the other. Lean forward with your hands on the wall. Bend the front leg, leaving the rear leg straight and keeping both heels on the floor. Continue until you feel a gentle stretch. Hold for 5 seconds, then repeat with the other leg forward. Do 1 set of 10.



12. Quadricep Stretch, Standing, 1 set of 10

Standing with the involved knee bent, gently pull heel toward buttocks, feeling a stretch in the front of the leg. Hold for 5 seconds. Do 1 set of 10.