

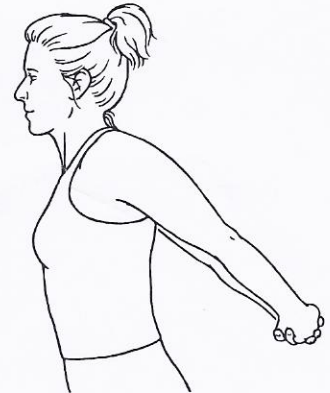
CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.  
Repeat 10 times per set. Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

CERVICAL SPINE - 29 Chest / Bicep Stretch

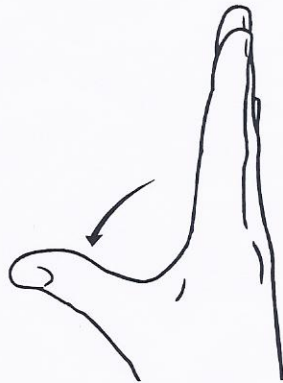
Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 30 seconds.



Repeat 2 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

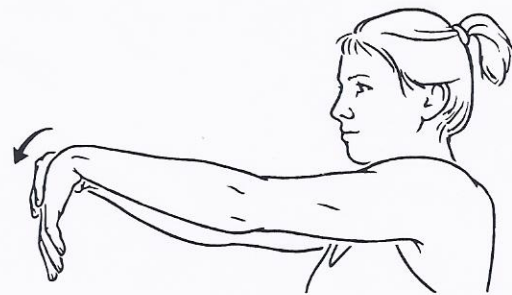
HAND - 10 AROM: Thumb Abduction / Adduction

Actively pull right thumb away from palm as far as possible. Hold 20 seconds. Then bring thumb back to touch fingers. Try not to bend fingers toward thumb.



Repeat 2 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

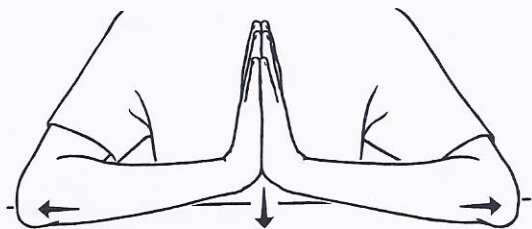
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Relax.

Repeat 2 times per set. Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

HAND - 16 Wrist Flexor Stretch

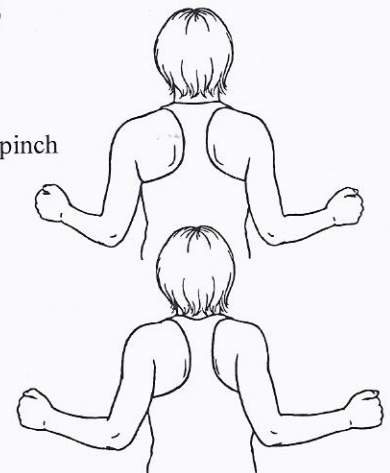


Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 30 seconds. Relax.

Repeat 2 times per set. Do \_\_\_\_\_ sets per session.  
Do 2 sessions per day.

SHOULDER - 103 Scapular Retraction:  
Elbow Flexion (Standing)

With elbows bent to 90°, pinch shoulder blades together and rotate arms out, keeping elbows bent.



Repeat 30 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.