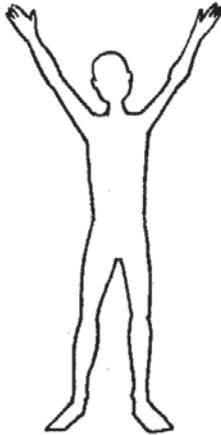


Recommended Exercises

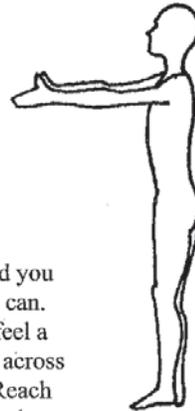
1. Upper Back Stretch

A. Reach Up:



Raise both hands over your head and reach for the ceiling, up on your toes. Reach for five seconds and relax. Repeat.

B. Reach Forward:



Reach as far as you can in front of you. You should feel a good stretch between the shoulder blades. Reach for five seconds and relax. Repeat.

C. Reach Backward:



Reach behind you as far as you can. You should feel a good stretch across your chest. Reach for five seconds and relax. Repeat.

2. Shoulder Stretches

A. Shrug Up:



Raise your shoulders up toward your ears. Shrug as tightly as you can, and hold for five seconds. Then let them drop and relax.

B. Roll Forward: With arms relaxed at sides, lift and roll shoulders forward in a circular motion. Relax.

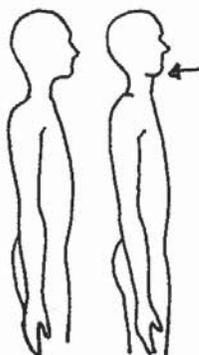


C. Roll Backward: Then roll your shoulders backward in a circular motion. Relax.



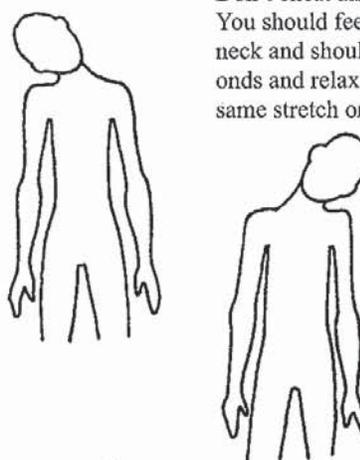
3. Neck Stretches

A. Chin Tuck:



“Funky Chicken”
Keep your head straight and tuck your chin into your neck. Hold for five seconds. Relax and repeat.

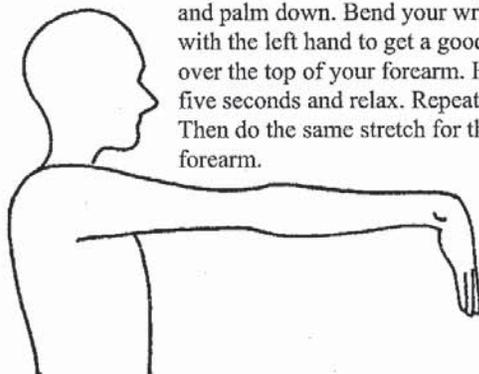
B. Ear to Shoulder:



Move the right ear to the right shoulder. Don't cheat and shrug your shoulder! You should feel a stretch along the left neck and shoulder. Hold for five seconds and relax. Repeat. Then do the same stretch on the left side.

4. Forearm Stretches

A. Hold the right arm out straight in front of you, with the elbow straight and palm down. Bend your wrist down with the left hand to get a good stretch over the top of your forearm. Hold for five seconds and relax. Repeat. Then do the same stretch for the left forearm.



B. Hold both arms straight out in front of you, lace your fingers together, and press your palms out and away from your body. You should feel the stretch on the underside of your forearm. Hold for five seconds and relax. Repeat.



5. Hand Stretches

A. Finger Stretch:



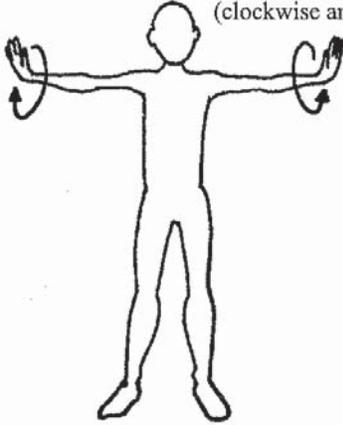
Spread the fingers of both hands far apart. Hold for five seconds. Relax. Repeat.

B. Thumb Stretch:



Gently pull the right thumb down and out, with the left hand. Hold for five seconds. Relax. Repeat. Then do the same stretch for the left thumb.

C. Wrist Circles: With both arms stretched outward, draw a circle with your finger tips. Repeat five times in both directions (clockwise and counterclockwise).



6. Back Arches This can be done either sitting on the edge of your chair or standing. Put your hands in the small of your back and arch your back backwards. Hold for five seconds. Relax. Repeat.

