

- 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.

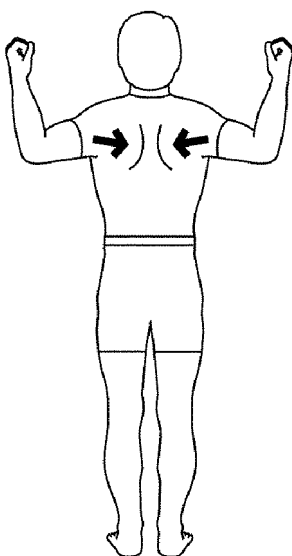
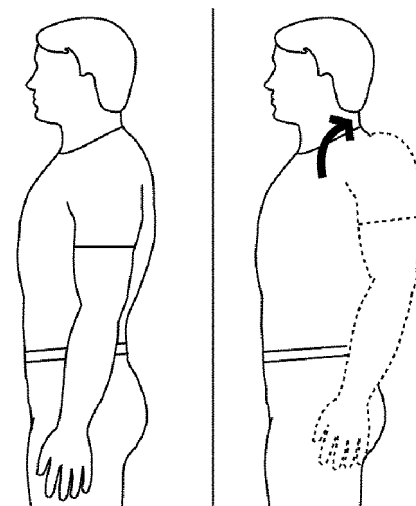
Perform 1 set of 5 Repetitions,
once a day.

Perform 1 repetition every 4 Seconds.

- Stand or sit.
- Inhale, raise shoulders upward toward ears and roll backwards.
- Exhale, release shoulders down.
- Return to start position and repeat.

Perform 1 set of 5 Repetitions,
once a day.

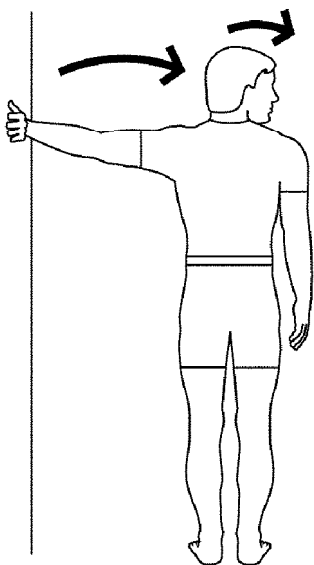
Perform 1 repetition every 4 Seconds.



- Stand with arms out from side, elbows bent to 90 degrees.
- Squeeze shoulder blades together, moving arms backward.
- Relax and repeat.

Perform 1 set of 5 Repetitions,
once a day.

Perform 1 repetition every 4 Seconds.



- Stand with left arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to right until a stretch is felt down the front of arm.

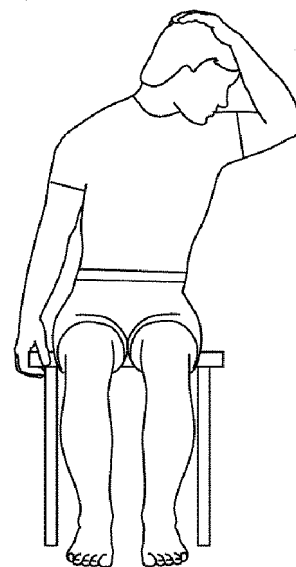
Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

- Sit on chair
- Grasp seat with the hand on the side of the tightness.
- Lean away and stretch side of neck.

Perform 1 set of 3 Repetitions,
once a day.

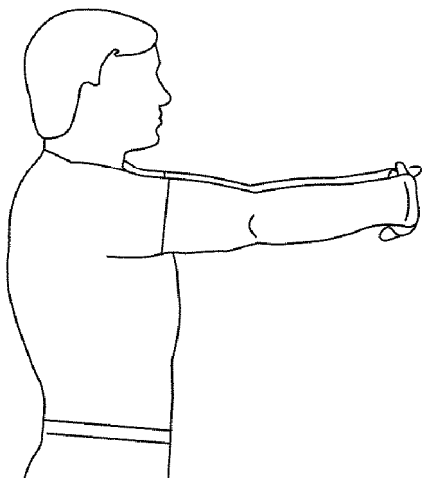
Hold exercise for 20 Seconds.

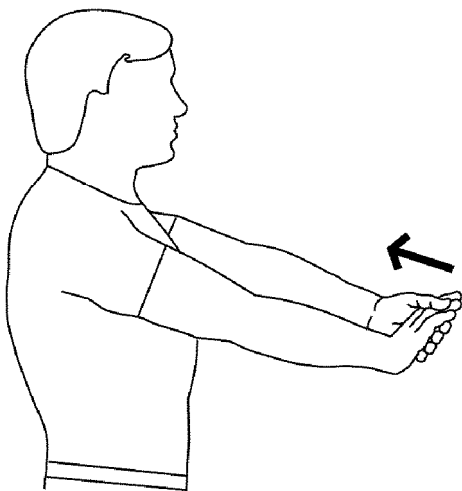


- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.





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

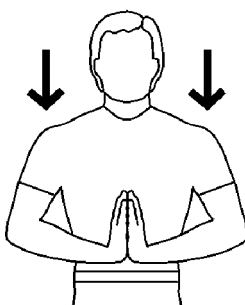
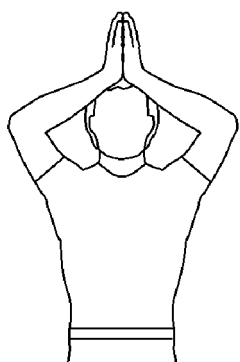
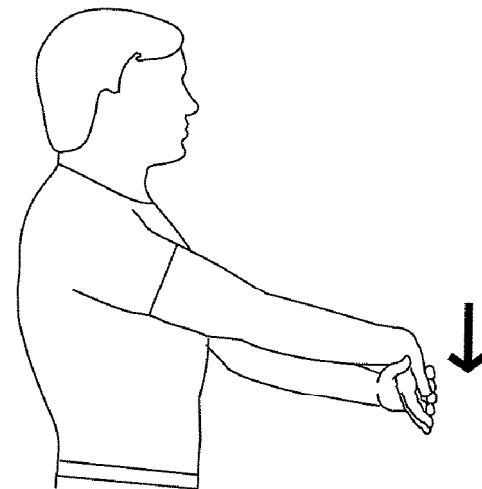
Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

- Position hand palm up.
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull hand down gently, as shown.

Perform 1 set of 3 Repetitions,
once a day.

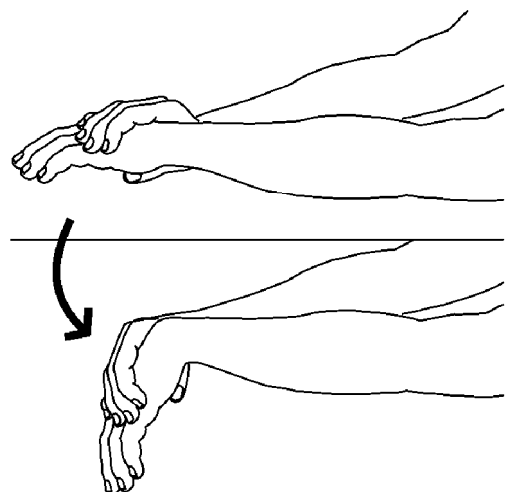
Hold exercise for 20 Seconds.



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

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.



- 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.

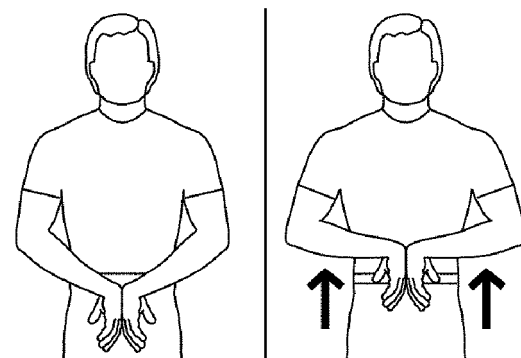
Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

- Begin backs of hands together in front of body at hip level.
- Slowly bring arms upward.

Perform 1 set of 3 Repetitions,
once a day.

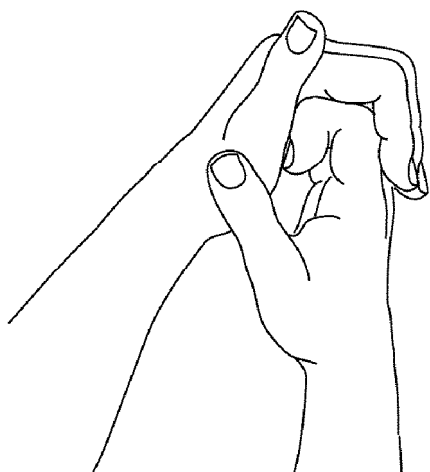
Hold exercise for 20 Seconds.

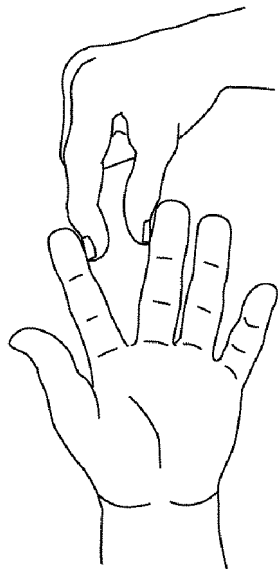


- Form fingers into a hook grip as shown.
- Place fingers of other hand over fingers.
- Gently squeeze.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.





- Place thumb and index finger between two fingers of other hand.
- Gently spread fingers apart, as shown.
- Repeat with all pairs of fingers.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

- Use the thumb of one hand to bend all the joints of other thumb while moving it toward the base of little finger.
- Let go of thumb and hold in this position.
- Straighten thumb with the help of other thumb.
- Let go of thumb and hold in this position.
- Repeat sequence.

Perform 1 set of 3 Repetitions,
once a day.

Hold exercise for 20 Seconds.

