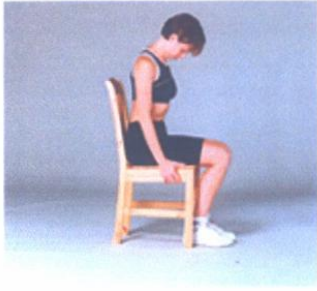




'Seated Palm' Trunk Rotation

Sitting with legs crossed. Place one arm behind body and opposite hand in front. Inhale. Sit tall and exhale while twisting upper body around, looking over shoulder. Use stomach muscles to control the movement. Hold, breath and return to start position. Repeat, twisting toward opposite side.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	



C/S ROM - Flexion

Sitting tall with shoulders relaxed down and back. Tuck chin into neck and then slowly bend head straight forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	



Mid Back - Reach

Sitting or standing, place 'hand over hand' and reach both arms straight forward, rounding the mid back. Taking a deep breath in will increase the stretch.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	



Traps - Self Traction

Sitting tall, grasp back edge of a chair with hand of side to be stretched. Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	