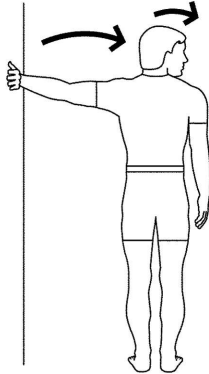




**Stretch cerv/thoracic/arm neural**

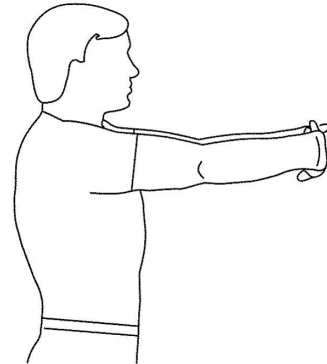


- Stand with left arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to right until a stretch is felt down the front of arm.

Perform 1 set of 2 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch Rhomboids, wrist flexors bil (front)**

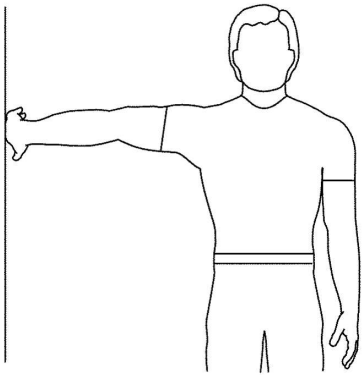


- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch wrist extensors at wall**



- With the arm turned inward, place the back of hand on the wall.
- Slowly stretch top of wrist by holding in place.
- Relax and repeat.

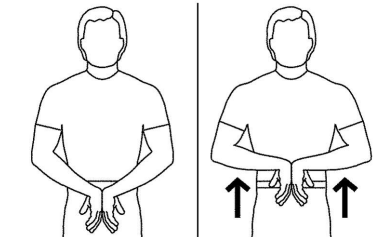
**Special Instructions:**

Keep elbow straight, and thumb down.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch wrist extensors bil (reverse prayer)**



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

Perform 1 set of 2 Repetitions, twice a day.

Hold exercise for 30 Seconds.