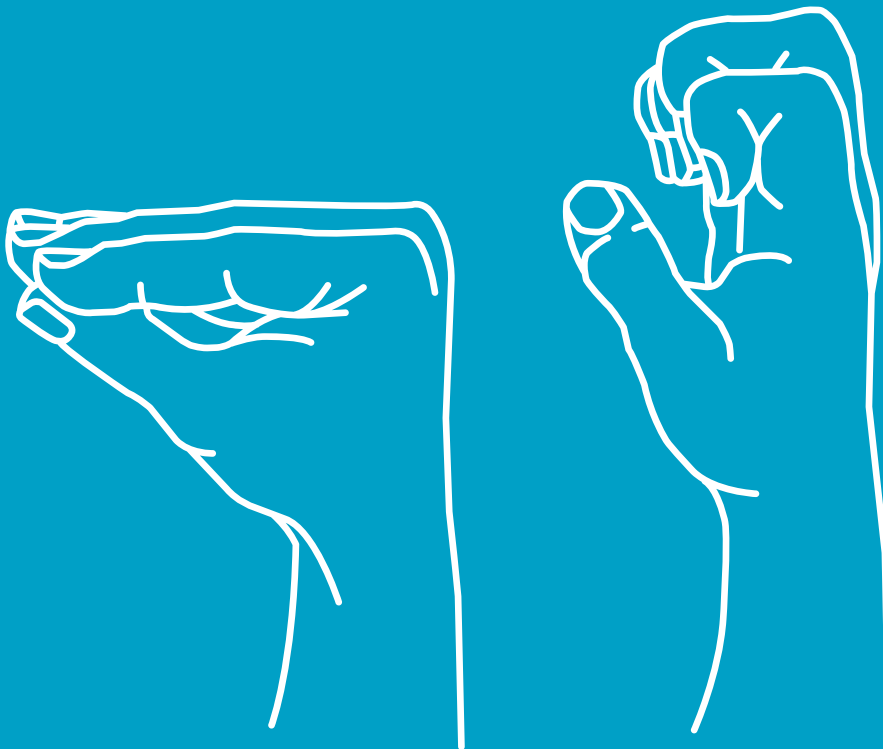


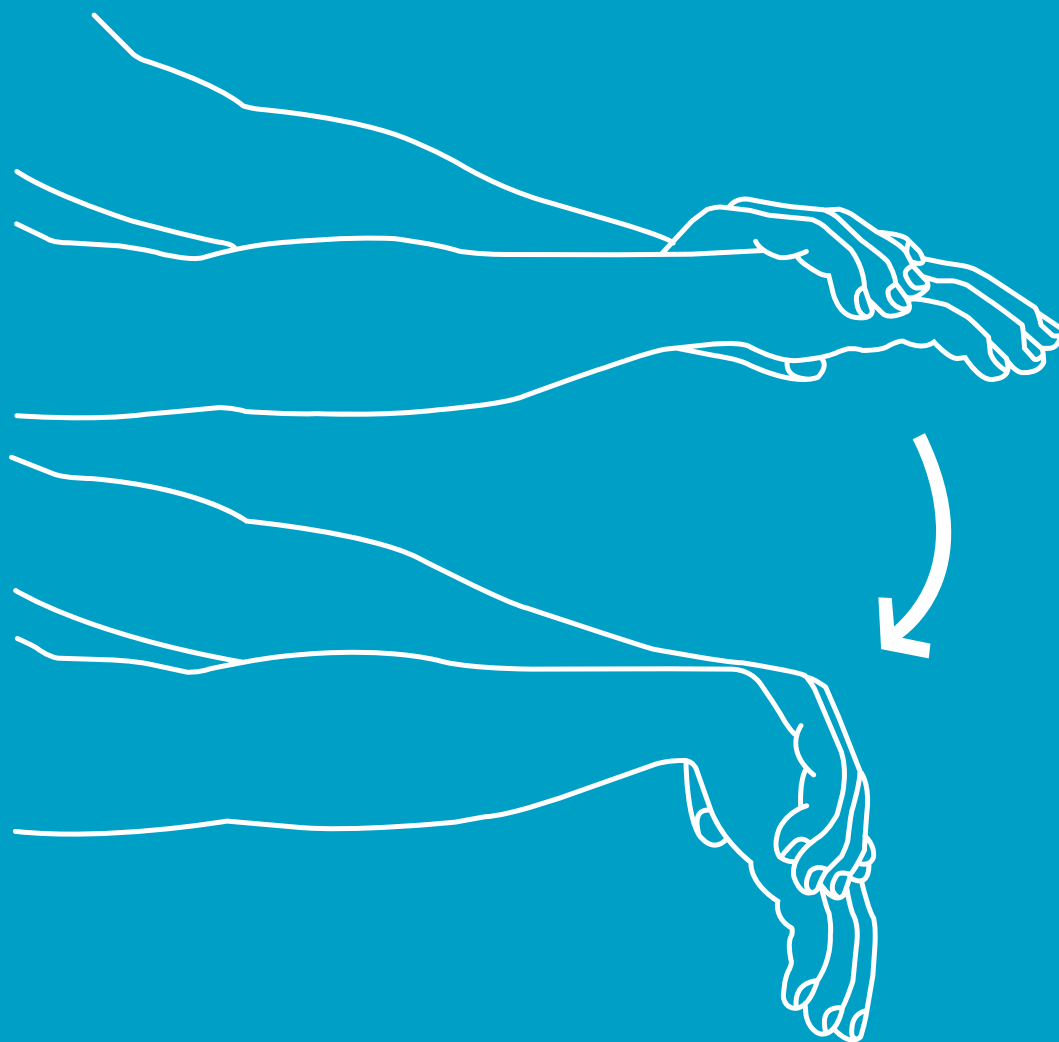
Finger Stretch



- Start with fingers curled, thumb bent, as shown.
- Straighten fingers and thumb together as shown.
- Repeat

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

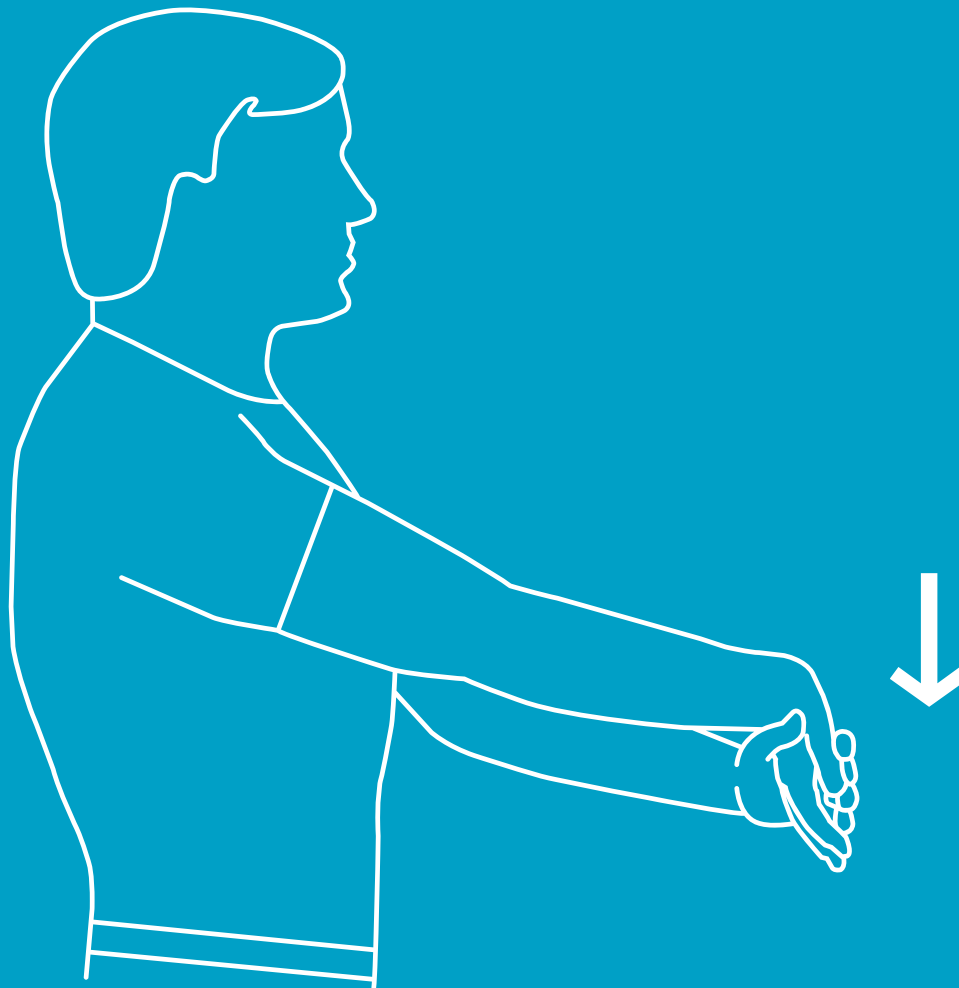
Forward Wrist Stretch



- **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.**

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

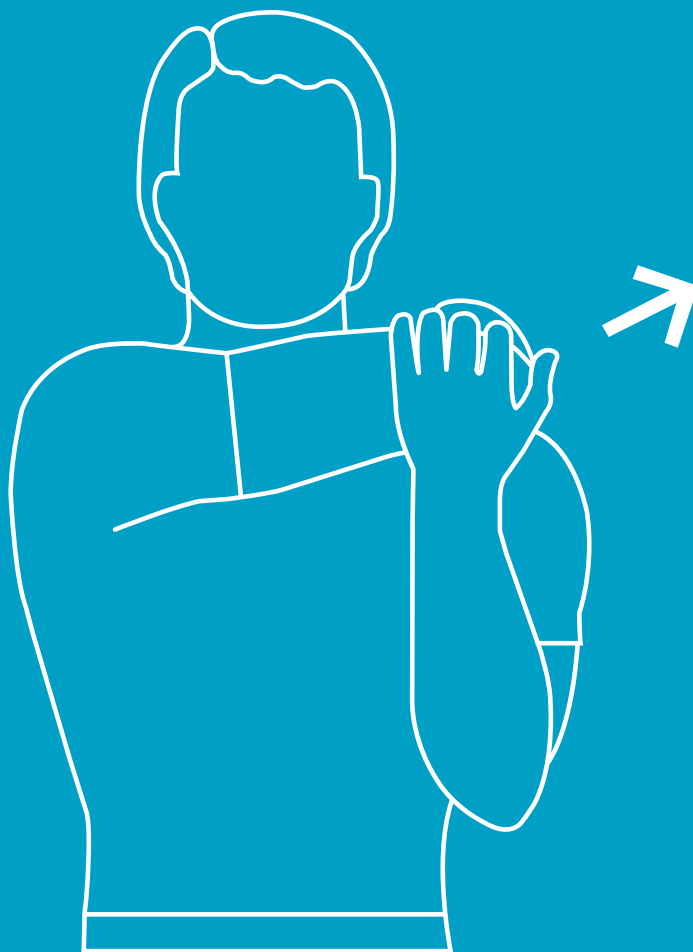
Straight Arm Wrist Stretch



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

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

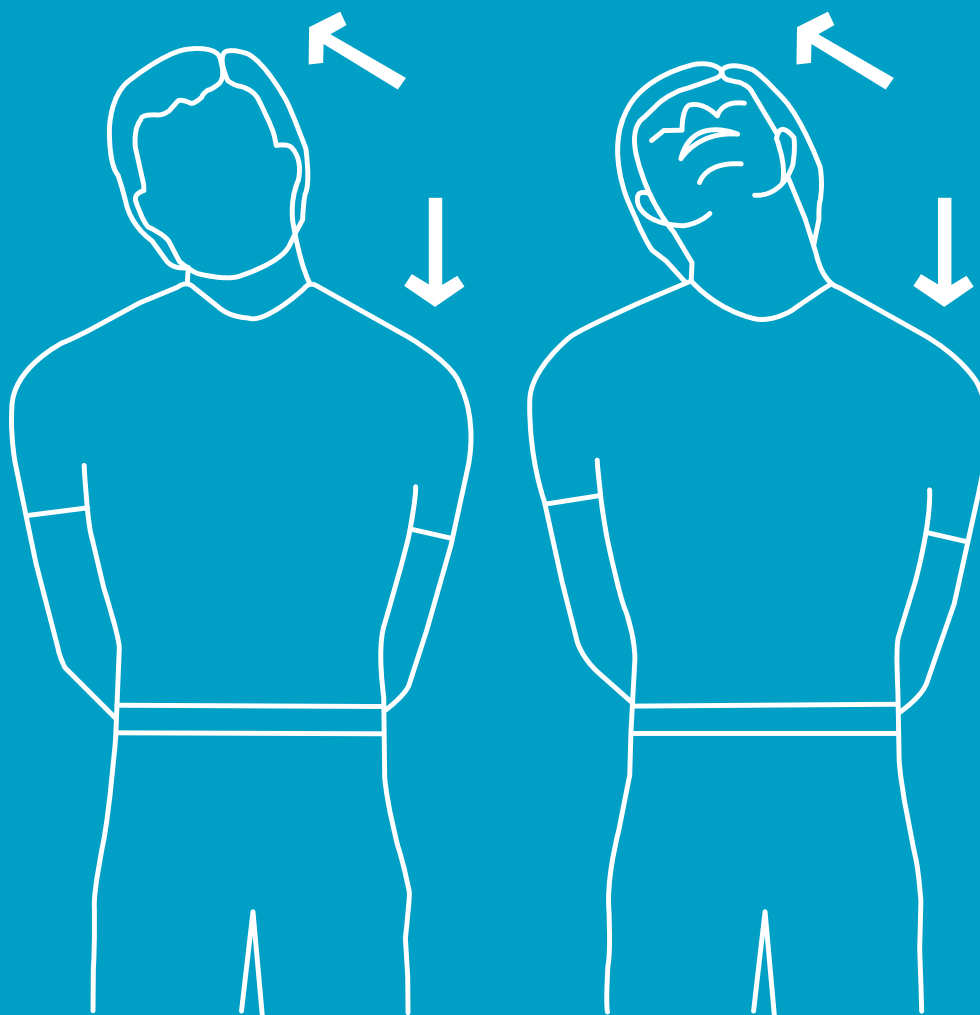
Rhomboid Stretch



- **Bring left arm across in front of body as shown.**
- **Hold elbow with right arm.**
- **Gently pull across chest until a stretch is felt in the back of shoulder.**
- **Repeat with other arm**

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

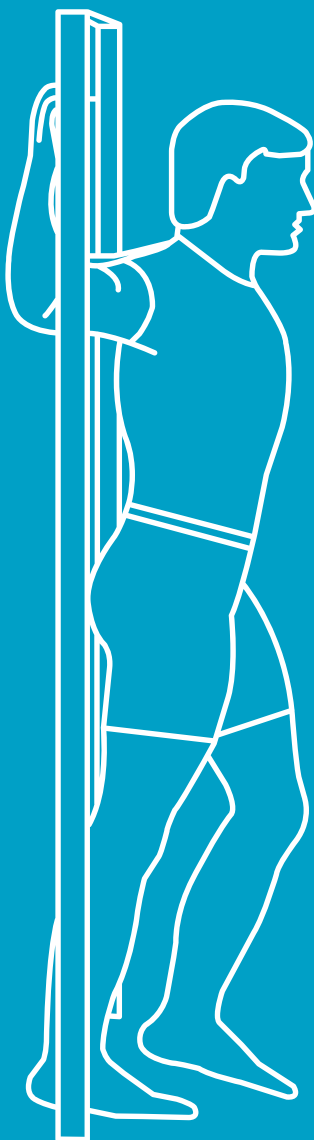
Up And Back Neck Stretch



- Stand, hold hand behind back.
- Lower left shoulder, tilt head to right, and slightly upward.
- Repeat with other side.

Note: This stretch may also be done while lying on back.
Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.

Door Pec Stretch



- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

Note: Perform 1 set of 10 repetitions, once a day. Hold exercise for 20 Seconds.