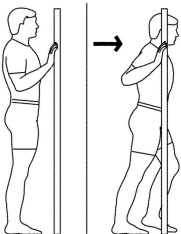
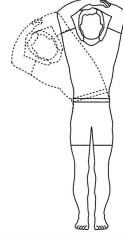
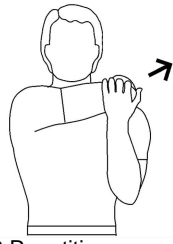


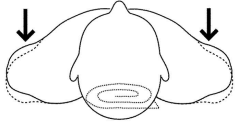
<p>Stretch Trapezius upper</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>AROM cerv retract (chin tuck) sit/stand</p>  <p>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Stretch Pectoral standing uni</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>
<p>AROM shld abd/add (cradle rock)</p>  <p>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Stretch Pectoral standing bil at door</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>Mob thoracic ext</p>  <p>Perform 3 sets of 10 Repetitions, once a day. Rest 1 Minute between sets.</p>
<p>Stretch shld ext bil</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>AROM shld retract bil sit</p>  <p>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Stretch Iliocostalis stand</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>
<p>AROM shld retract elbows bent</p>  <p>Perform 3 sets of 20 Repetitions, once a day. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Stretch Rhomboids, wrist flexors bil (front)</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>Stretch Rhomboids</p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 30 Seconds.</p>

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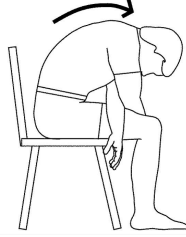
Stretch Pectoral supine static arms at side



Perform 1 set of 1 Repetitions, once a day.

Use Towel.
Hold exercise for 2 Minutes.

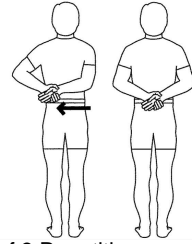
Stretch Rhomboids/Trapezius



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

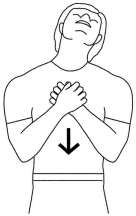
Stretch Serratus anterior



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

Stretch Scalleni/SCM



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

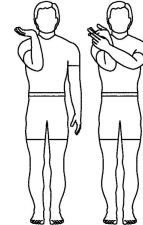
Mob thoracic first rib w/towel



Perform 3 sets of 10 Repetitions, once a day.

Use Towel.
Rest 1 Minute between sets.

Stretch wrist flexors bent elbow w/sup



Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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1. Stretch Trapezius upper

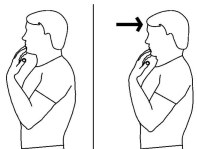


Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

2. AROM cerv retract (chin tuck) sit/stand

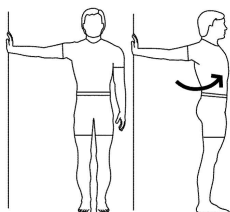


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

3. Stretch Pectoral standing uni

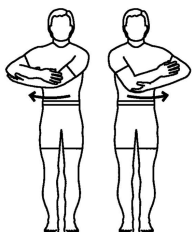


Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

4. AROM shld abd/add (cradle rock)

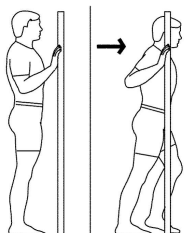


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

5. Stretch Pectoral standing bil at door

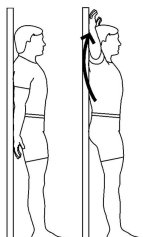


Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

6. Mob thoracic ext



Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

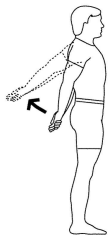
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7. Stretch shld ext bil

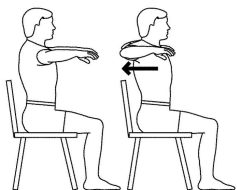


Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

8. AROM shld retract bil sit

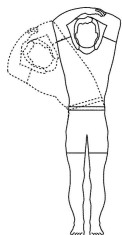


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

9. Stretch Iliocostalis stand

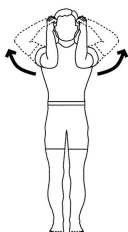


Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

10. AROM shld retract elbows bent

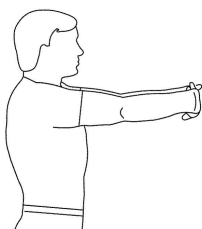


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

11. Stretch Rhomboids, wrist flexors bil (front)

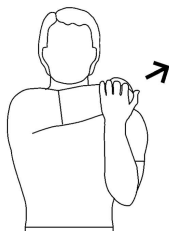


Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

12. Stretch Rhomboids



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

		8/10	8/11	8/12	8/13	8/14
8/15	8/16	8/17	8/18	8/19	8/20	8/21
8/22	8/23					

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13. Stretch Pectoral supine static arms at side

Perform 1 set of 1 Repetitions, once a day.

Use Towel.
Hold exercise for 2 Minutes.



8/10	8/11	8/12	8/13	8/14

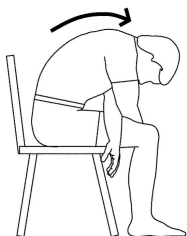
8/15	8/16	8/17	8/18	8/19	8/20	8/21

8/22	8/23

14. Stretch Rhomboids/Trapezius

Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.



8/10	8/11	8/12	8/13	8/14

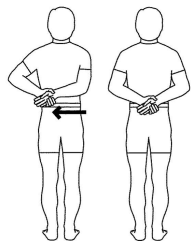
8/15	8/16	8/17	8/18	8/19	8/20	8/21

8/22	8/23

15. Stretch Serratus anterior

Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.



8/10	8/11	8/12	8/13	8/14

8/15	8/16	8/17	8/18	8/19	8/20	8/21

8/22	8/23

16. Stretch Scalleni/SCM

Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.



8/10	8/11	8/12	8/13	8/14

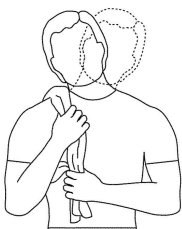
8/15	8/16	8/17	8/18	8/19	8/20	8/21

8/22	8/23

17. Mob thoracic first rib w/towel

Perform 3 sets of 10 Repetitions, once a day.

Use Towel.
Rest 1 Minute between sets.



8/10	8/11	8/12	8/13	8/14

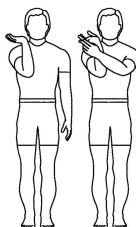
8/15	8/16	8/17	8/18	8/19	8/20	8/21

8/22	8/23

18. Stretch wrist flexors bent elbow w/sup

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.



8/10	8/11	8/12	8/13	8/14

8/15	8/16	8/17	8/18	8/19	8/20	8/21

8/22	8/23

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Stretch Trapezius upper



Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

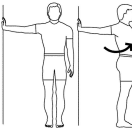
AROM cerv retract (chin tuck) sit/stand



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

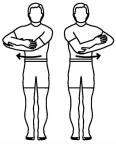
Stretch Pectoral standing uni



Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

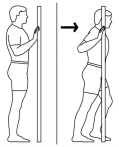
AROM shld abd/add (cradle rock)



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

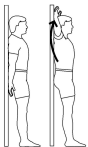
Stretch Pectoral standing bil at door



Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Mob thoracic ext



Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

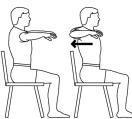
Stretch shld ext bil



Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

AROM shld retract bil sit



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Stretch Iliocostalis stand



Perform 1 set of 3 Repetitions, twice a day.

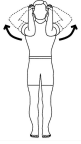
Hold exercise for 20 Seconds.

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AROM shld retract elbows bent



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Stretch Rhomboids, wrist flexors bil (front)



Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Rhomboids



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

Stretch Pectoral supine static arms at side



Perform 1 set of 1 Repetitions, once a day.

Use Towel.
Hold exercise for 2 Minutes.

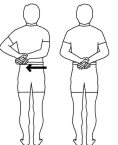
Stretch Rhomboids/Trapezius



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

Stretch Serratus anterior



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

Stretch Scalleni/SCM



Perform 1 set of 3 Repetitions, once a day.

Hold exercise for 30 Seconds.

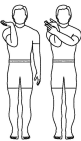
Mob thoracic first rib w/towel



Perform 3 sets of 10 Repetitions, once a day.

Use Towel.
Rest 1 Minute between sets.

Stretch wrist flexors bent elbow w/sup



Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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