



<p>Stretch Trapezius upper</p>  <p>Perform 1 set of 1 Repetitions, three times a day. Hold exercise for 20 Seconds.</p>	<p>Stretch Levator scapulae arm up</p>  <p>Perform 1 set of 1 Repetitions, three times a day. Hold exercise for 20 Seconds.</p>	<p>Stretch upper cerv rot sit (chin tuck w/rotn)</p>  <p>Perform 1 set of 1 Repetitions, three times a day. Hold exercise for 20 Seconds.</p>
<p>Stretch cervical ext/flex</p>  <p>Perform 1 set of 1 Repetitions, three times a day. Hold exercise for 20 Seconds.</p>	<p>Stretch lumbar/thoracic flx (sitting cat)</p>  <p>Perform 1 set of 1 Repetitions, three times a day. Hold exercise for 20 Seconds.</p>	<p>Stretch Pectoral standing at corner</p>  <p>Perform 1 set of 1 Repetitions, three times a day. Hold exercise for 20 Seconds.</p>
<p>Stretch Rhomboids</p>  <p>Perform 1 set of 1 Repetitions, three times a day. Hold exercise for 20 Seconds.</p>	<p>Stretch Rhomboids, wrist flexors bil (front)</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>Stretch Triceps</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>
<p>Stretch shld flx uni sit trunk bending</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>Stretch wrist extensors bil (reverse prayer)</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>	<p>Stretch wrist extensors straight arm w/pron</p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 20 Seconds.</p>

***Hold stretch to tension that feels good. Try and stay relaxed. DO NOT force or perform a bouncing type stretch (Ballistic)**

