



Cunningham Chiropractic, P.C.
George T. Cunningham, D.C.
Callan K. Carnahan, D.C.

210 Old Bridge Street, East Syracuse, NY 13057
www.CunninghamChiropractic.com
315-445-9941 ★ Fax 315-445-2073

| | | |
|--|---|---|
| <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> |