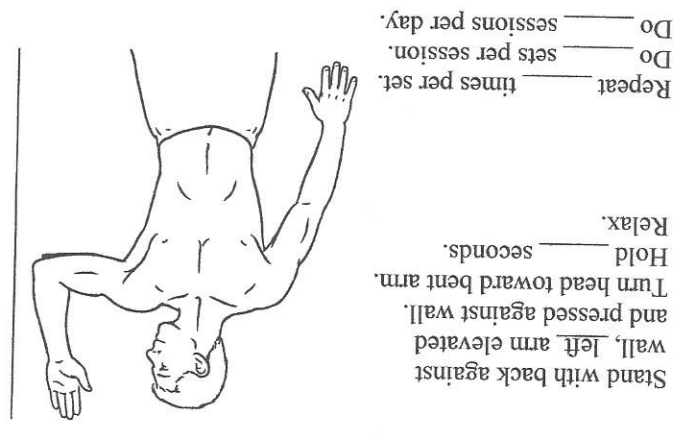


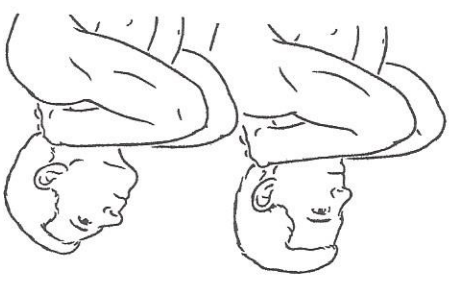
SPINAL MOBILIZATION - 11 Cervico-Thoracic (Standing)



Stand with back against wall, left arm elevated and pressed against wall. Turn head toward bent arm. Hold _____ seconds. Relax.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

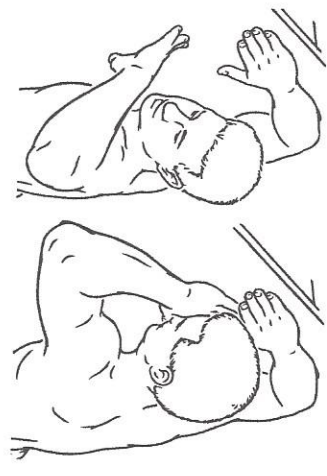
SPINAL MOBILIZATION - 9 Upper Cervical Extension (Sitting)



With hands clasped firmly behind neck, gently bend head back. Do not allow movement under or below hands. Hold _____ seconds. Relax.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

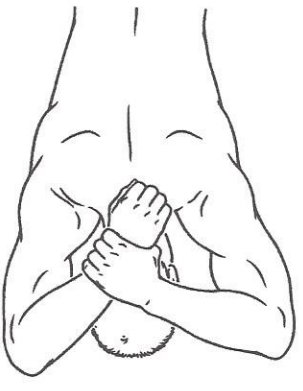
SPINAL MOBILIZATION - 12 Upper Thoracic



Lie with both arms bent. Turn head toward left, then lift head slightly and lift elbow toward ceiling until gentle stretch is felt in upper back. Hold _____ seconds. Relax.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

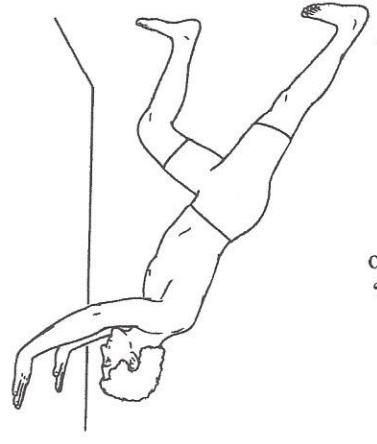
HAND - 76 Elbow Flexion Stretch: Over Head



Bring right arm over head and bend elbow as far as possible. Grasp wrist with other hand and gently stretch further. Hold _____ seconds. Relax.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

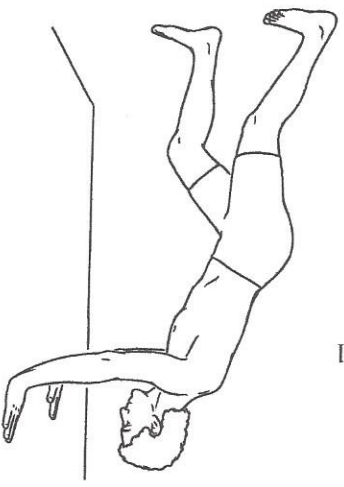
ANKLE / FOOT - 14 Gastroc Stretch



Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold _____ seconds.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

ANKLE / FOOT - 13 Soleus Stretch



Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold _____ seconds.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.