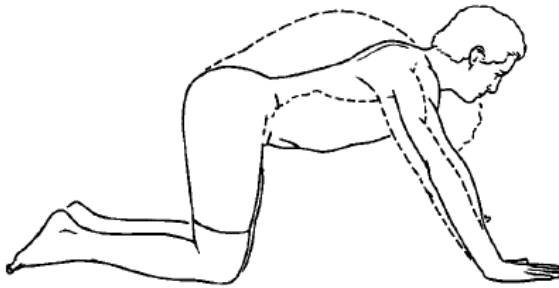


BACK - Angry Cat Stretch



Tuck chin and tighten stomach, arching back.

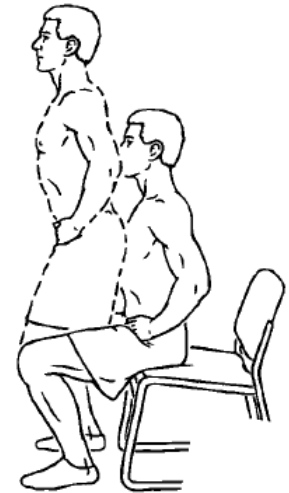
Repeat 10 times per set.

Do 1 set per session.

Do 1-2 sessions per day.

HIP/KNEE - Functional Quadriceps: Sit to Stand

Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.



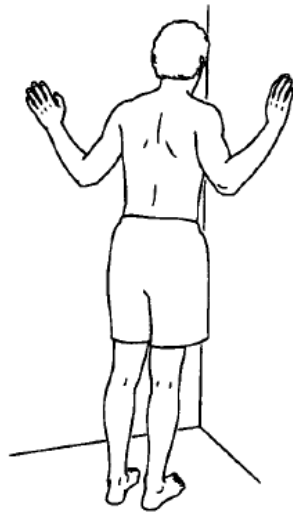
Repeat 10 times per set.

Do 1-3 sets per session.

Do 1-2 sessions per day.

CERVICAL SPINE - Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet parallel, lean forward until a comfortable stretch is felt across chest. Hold 15 seconds.



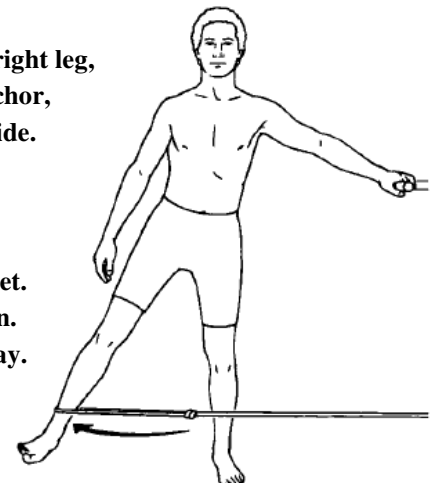
Repeat 5 times per set.

Do 1 set per session.

Do 1-3 sessions per day.

HIP/KNEE - Strengthening: Hip Abduction - Resisted

With tubing around right leg, other side toward anchor, extend leg out from side.



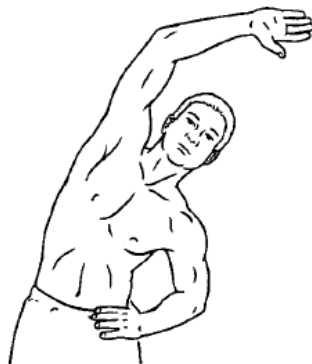
Repeat 15 times per set.

Do 1-3 sets per session.

Do 1-2 sessions per day.

BACK - Thoracolumbar Side-Bend: Single Arm (Standing)

Reach over head to other side with right arm until stretch is felt. Hold 10 seconds. Relax.

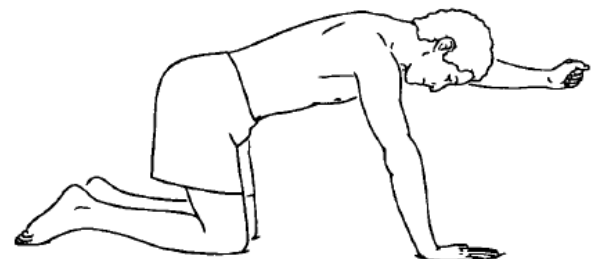


Repeat 5 times per set.

Do 1 set per session.

Do 1-3 sessions per day.

TRUNK STABILITY - Upper Extremity Extension (All Fours)



Tighten stomach and raise right arm parallel to floor. Keep trunk rigid.

Repeat 5 times per set. Do 1 set per session.

Do 1-2 sessions per day.

