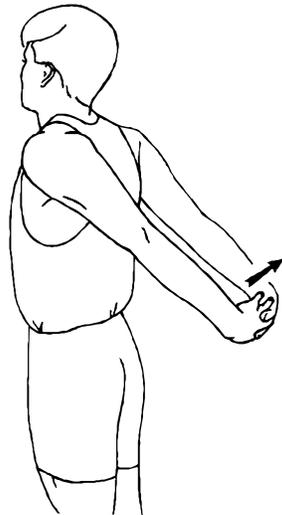
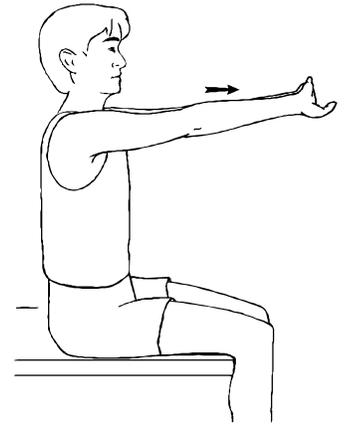


With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 10 seconds.

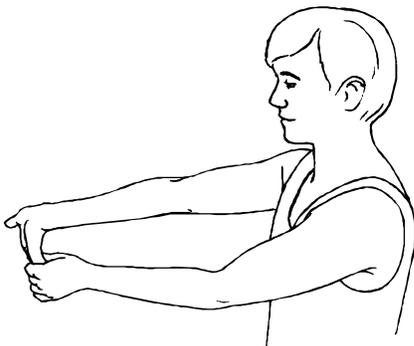


Repeat 2 times.
Do 2 sessions per day.

With fingers interlaced and palms out, straighten arms in front of you until stretch is felt. Hold 10 seconds.



Repeat 2 times.
Do 2 sessions per day.



Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold 10 seconds.

Repeat 2 times. Do 2 sessions per day.



Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold 10 seconds.

Repeat 2 times. Do 2 sessions per day.

Pull head straight back, keeping jaws and eyes level. Hold 2 seconds.



Repeat 3 times.
Do 2 sessions per day.

Slowly tilt head toward one shoulder. Hold 10 seconds. Repeat toward other shoulder.



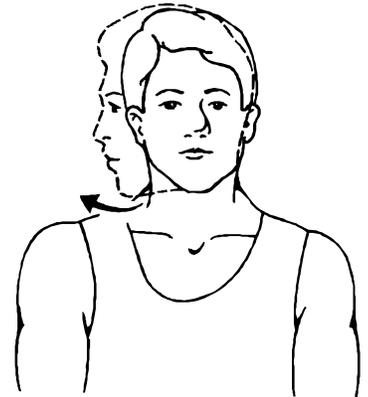
Repeat 2 times.
Do 2 sessions per day.

Bend head forward. Hold 5 seconds. Return to starting position.



Repeat 2 times.
Do 2 sessions per day.

Turn head slowly to look over one shoulder. Hold 5 seconds. Repeat toward other shoulder.



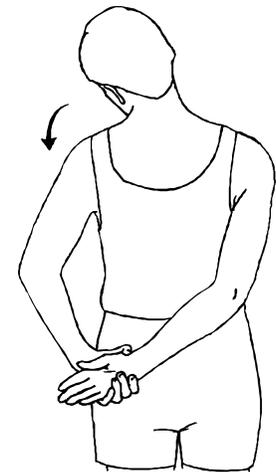
Repeat 2 times.
Do 2 sessions per day.

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 10 seconds. Repeat with other arm.



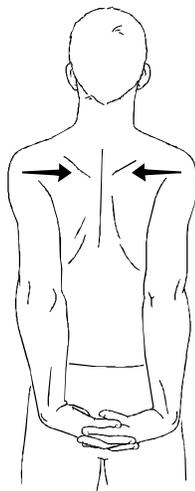
Repeat 2 times.
Do 2 sessions per day.

Pull right arm down with left hand until stretch is felt. Hold 10 seconds. Repeat with other side.



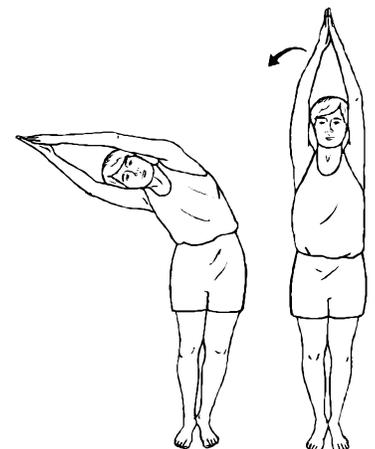
Repeat 2 times.
Do 2 sessions per day.

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 10 seconds.



Repeat 2 times.
Do 2 sessions per day.

From starting position, bend the body to the side as far as possible until stretch is felt. Hold 10 seconds. Repeat to other side.



Repeat 2 times.
Do 2 sessions per day.