

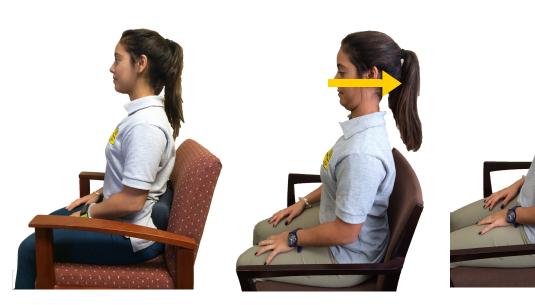


The following movements should be completed for 10 repetitions, 2-3 times per day for best results.





Back Extension



Neck Retraction and Extension





Shoulder Internal Rotation





Hip Extension





Elbow Extension





Knee Extension





Wrist Extension





Ankle Dorsiflexion





Slouch Overcorrect





Thoracic Extension