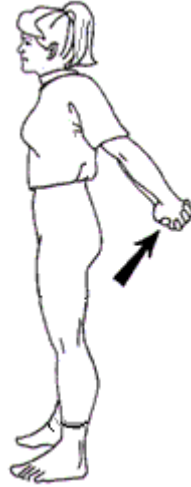


General Shoulder Stretching Program



GRASP YOUR HANDS BEHIND YOUR BOTTOM AND SLOWLY RAISE THEM UP UNTIL A STRETCH IS FELT IN THE CHEST AND SHOULDERS.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		



GRASP THE HANDS TOGETHER AND GENTLY STRETCH THE ARMS OUT IN FRONT OF YOU WHILE ROUNDING THE SHOULDERS FORWARD.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	3 /day		



PULL YOUR ARM ACROSS YOUR BODY GENTLY OBTAINING A STRETCH IN THE BACK OF THE SHOULDER.

Repeat: 3 times **Sets:** 0

Hold Time: 20 secs **Resistance/Time:** 0

Sessions: 2 /day



RAISE YOUR ARM UP AND PLACE YOUR HAND BEHIND YOUR HEAD. PULL THE ELBOW

TOWARD THE HEAD AS ILLUSTRATED TO FACILITATE THE STRETCH.

Repeat:	3 times	Sets:	0
Hold Time:	20 secs	Resistance/Time:	0
Sessions:	2 /day		