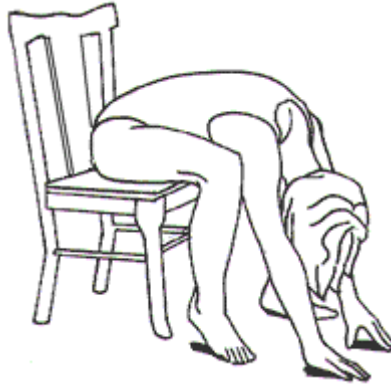
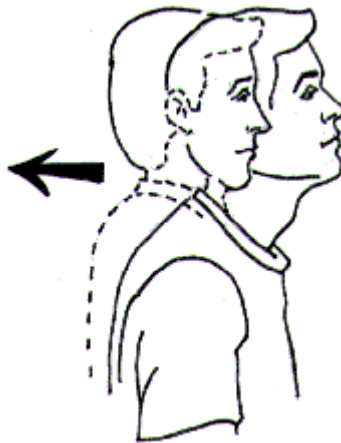


Postural Stretching Program



IN THE SEATED POSITION REACH DOWN BETWEEN YOUR LEGS AND OBTAIN A STRETCH IN THE LOWER BACK.

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



TUCK THE CHIN BACK KEEPING THE HEAD EYES AND JAW LEVEL.

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



WITH YOUR HANDS BEHIND YOUR HEAD BACKWARD BEND THE HEAD NECK AND UPPER BACK AS ILLUSTRATED.

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



PRESS UPPER BODY UPWARD INTO POSITION SHOWN KEEPING HIPS IN CONTACT WITH FLOOR. KEEP LOW BACK AND BUTTOCKS RELAXED.

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