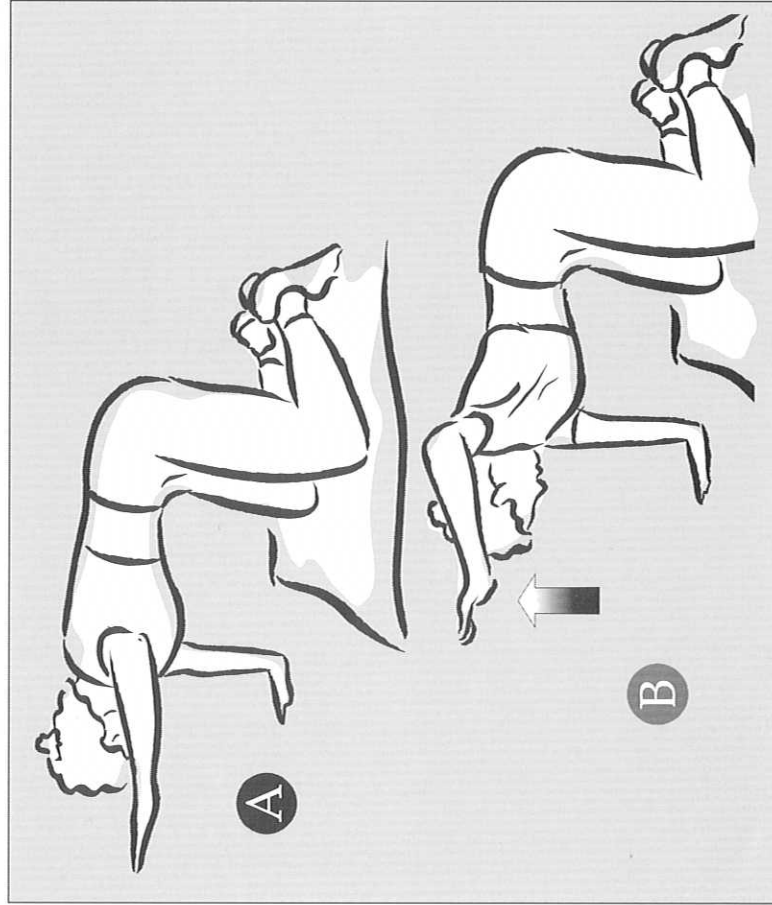


ACTIVE+

## Single Arm Raise

THORACIC



## STARTING POSITION

On your hands and knees. Hands and knees are shoulder width apart.

## EXERCISE

Tighten your stomach muscles. Bend your elbow and slowly lift one arm towards the ceiling. Return to the starting position. Repeat with the other arm.

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Association

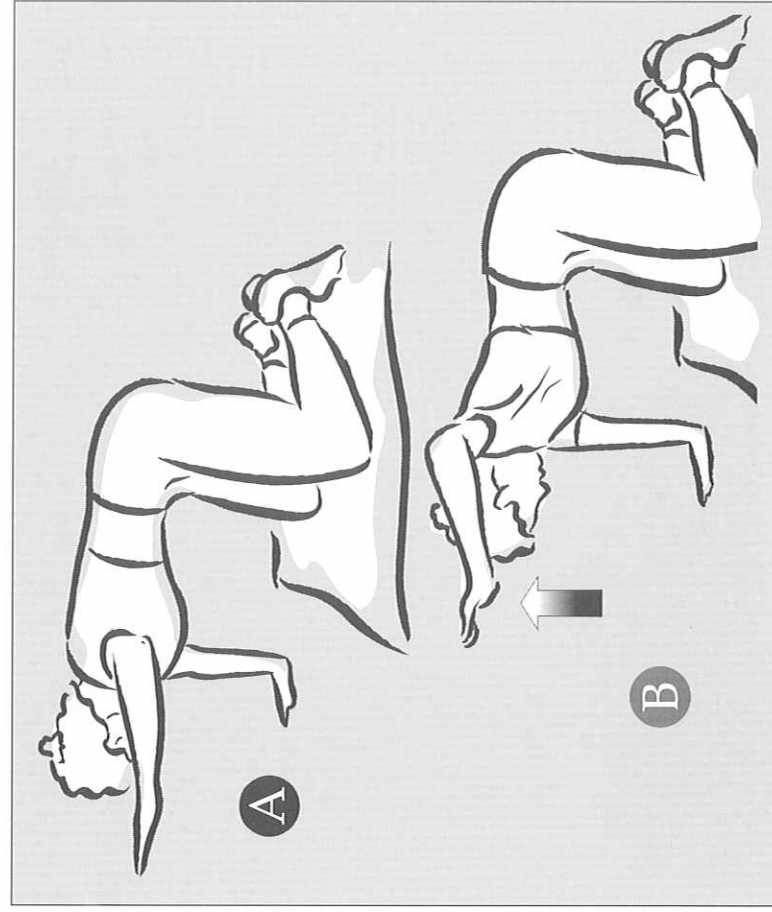
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

ACTIVE+

## Single Arm Raise

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Association

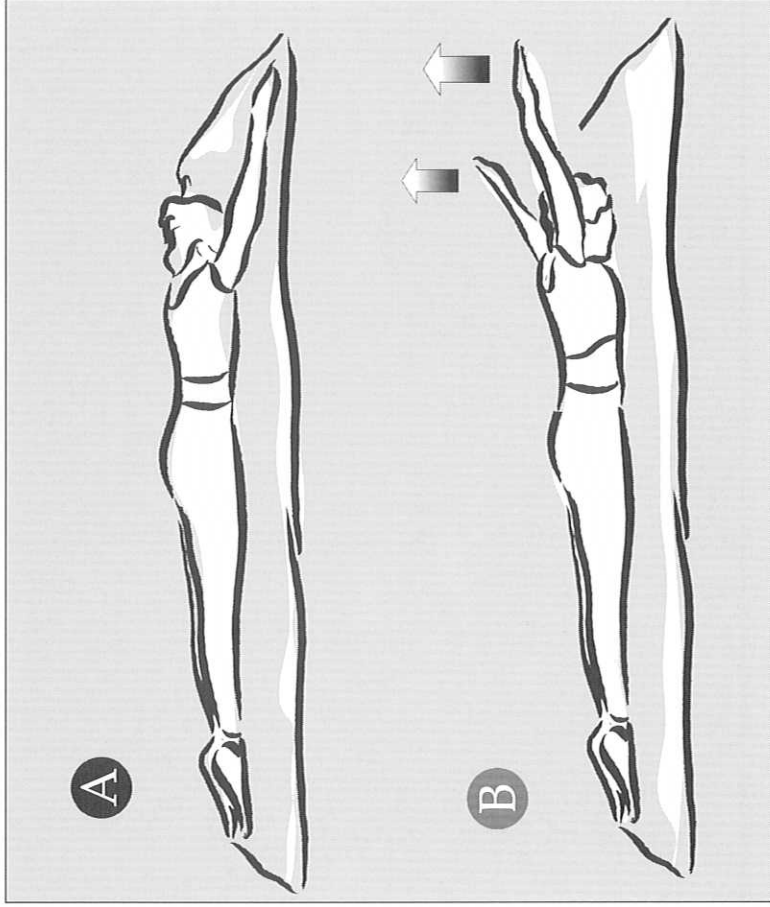
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

ACTIVE +

### Double Arm Raise

THORACIC



**STARTING POSITION**

Lie face down with arms outstretched.

**EXERCISE**

Raise both arms together.

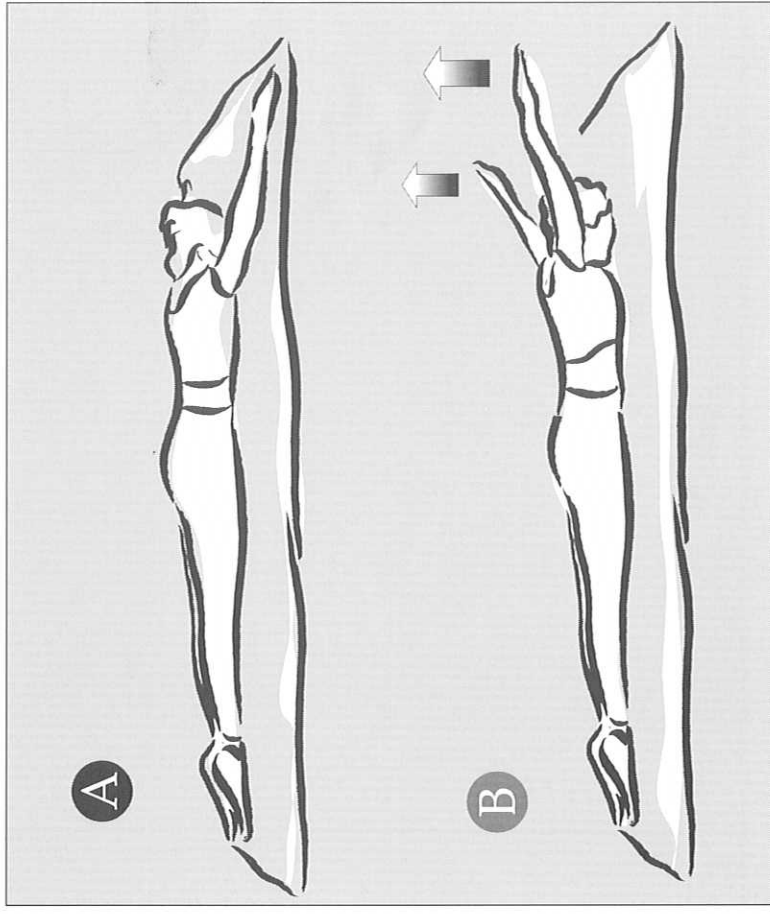
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

ACTIVE +

### Double Arm Raise

THORACIC



**STARTING POSITION**

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**EXERCISE**

Raise both arms together.

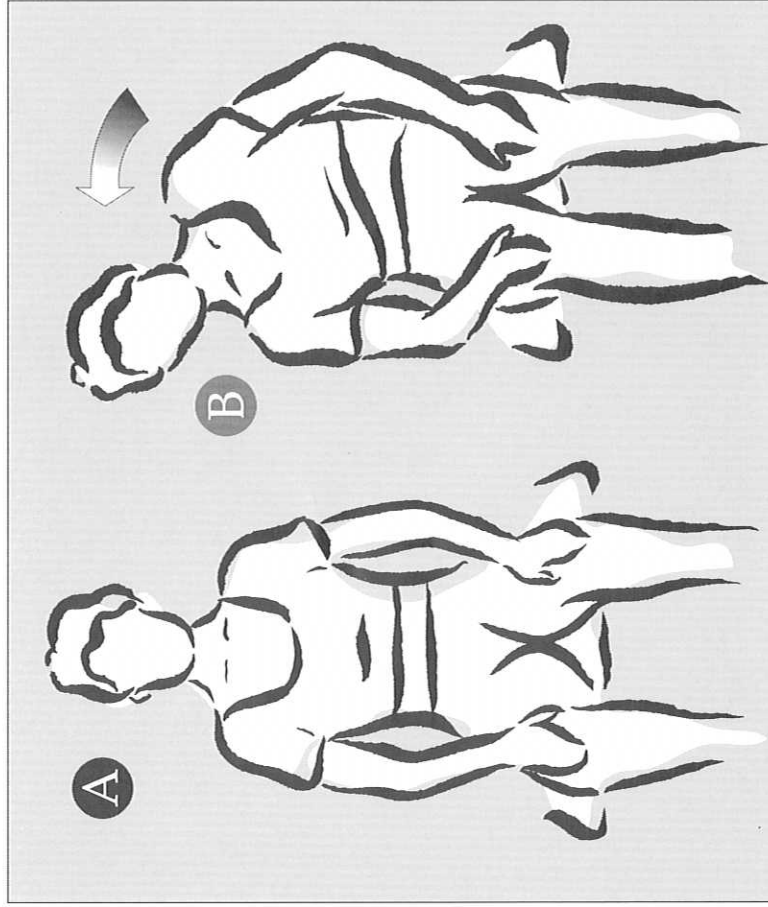
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

PASSIVE

## Side Bend

LUMBAR



## STARTING POSITION

Sit with hands on thighs.

## EXERCISE

Slowly lower one shoulder towards the floor while keeping the shoulder over your hip. Return to the starting position.

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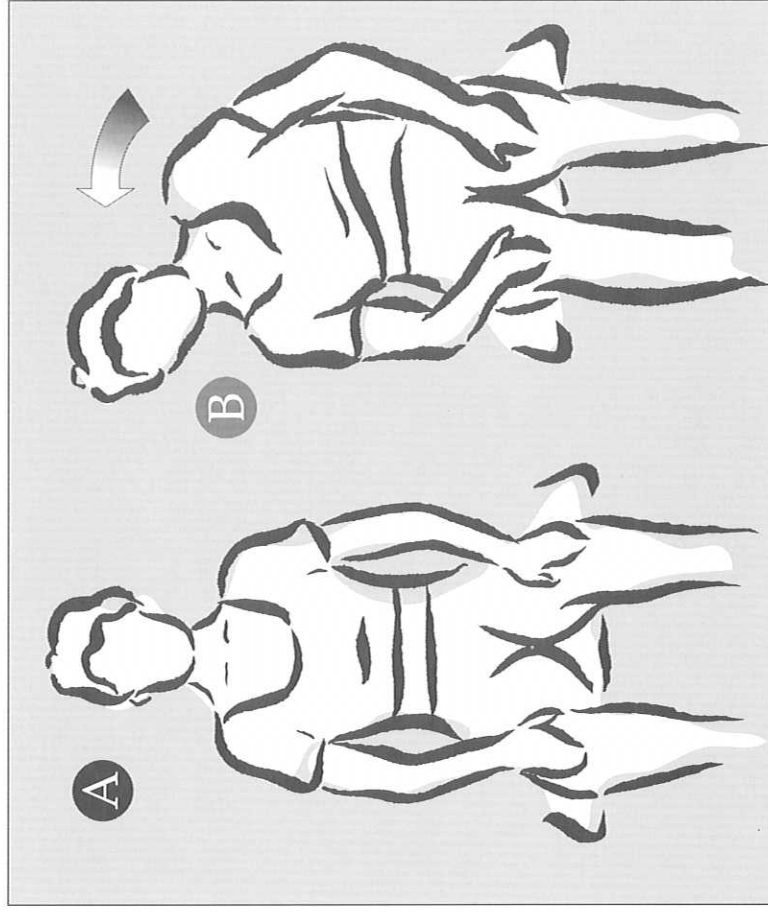
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

PASSIVE

## Side Bend

LUMBAR



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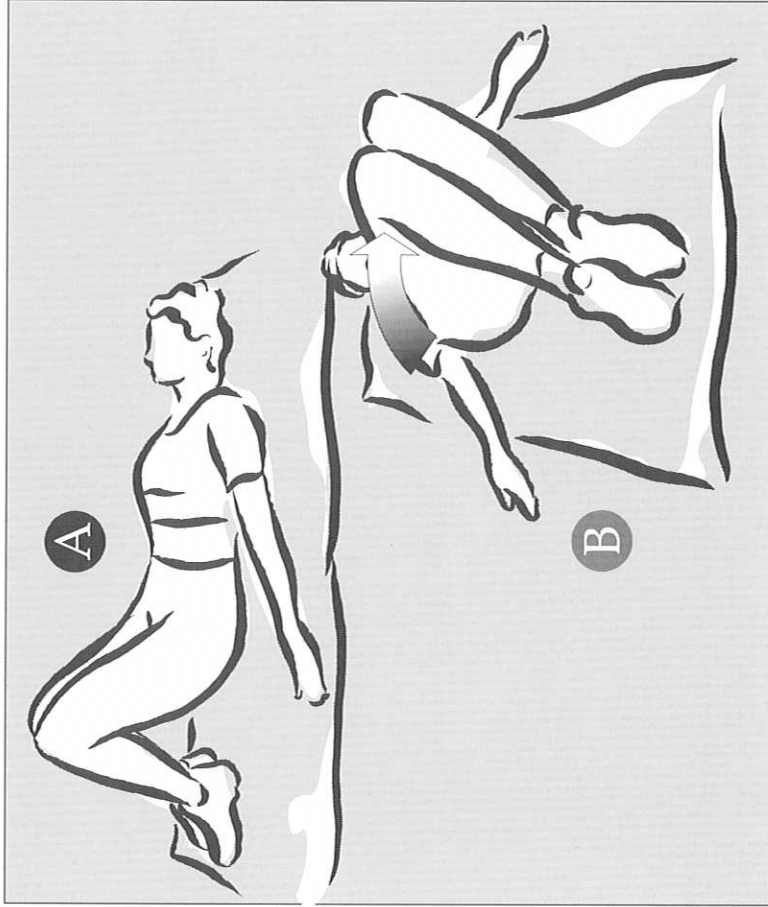
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

PASSIVE

## Pelvic Rotation

LUMBAR



## STARTING POSITION

Lie on your back with your knees bent.

## EXERCISE

Keeping your knees together, slowly lower them to the right. Return to the starting position, then slowly lower your knees to the left.



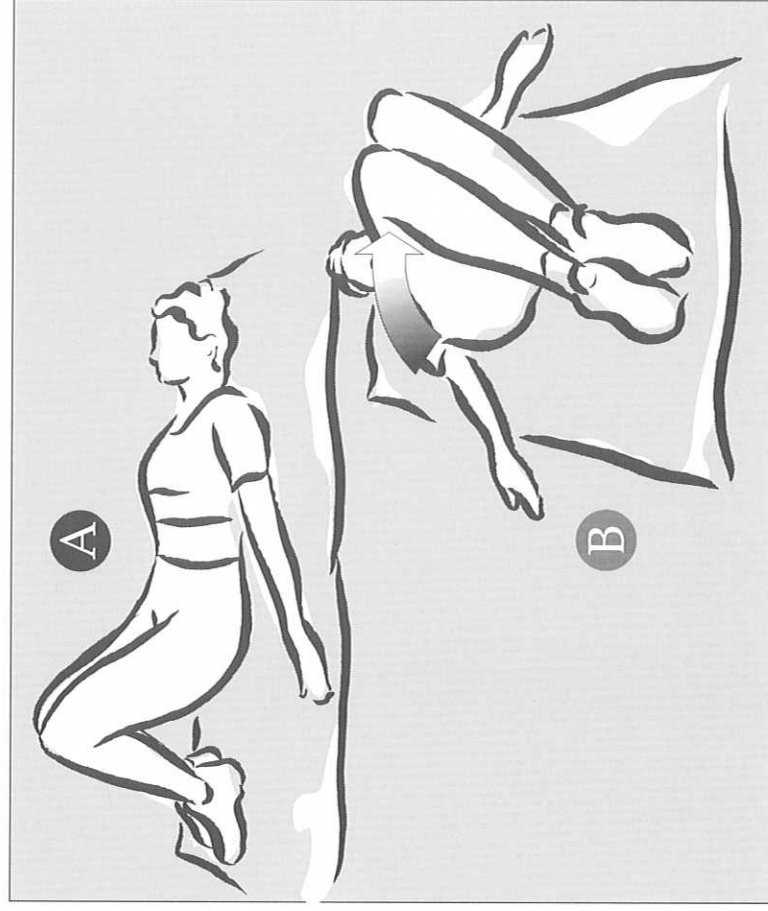
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

PASSIVE

## Pelvic Rotation

LUMBAR



## STARTING POSITION

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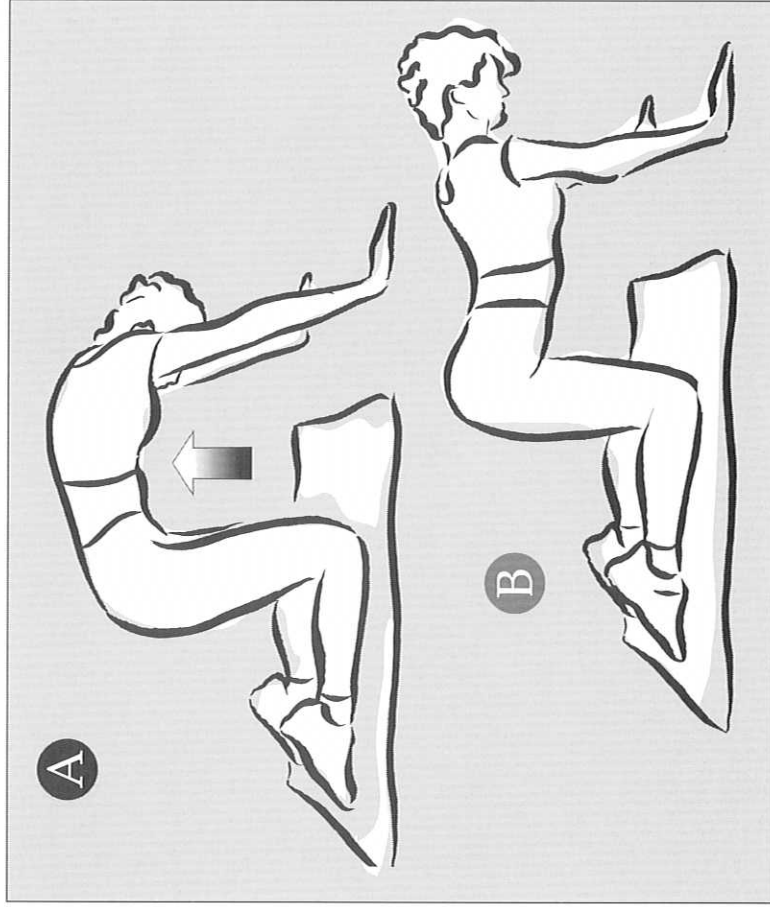
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

ACTIVE

## Cat Stretch

LUMBAR



## STARTING POSITION

On your hands and knees. Hands and knees are shoulder width apart.

## EXERCISE

Slowly arch your back towards the ceiling, then slowly lower it towards the floor.

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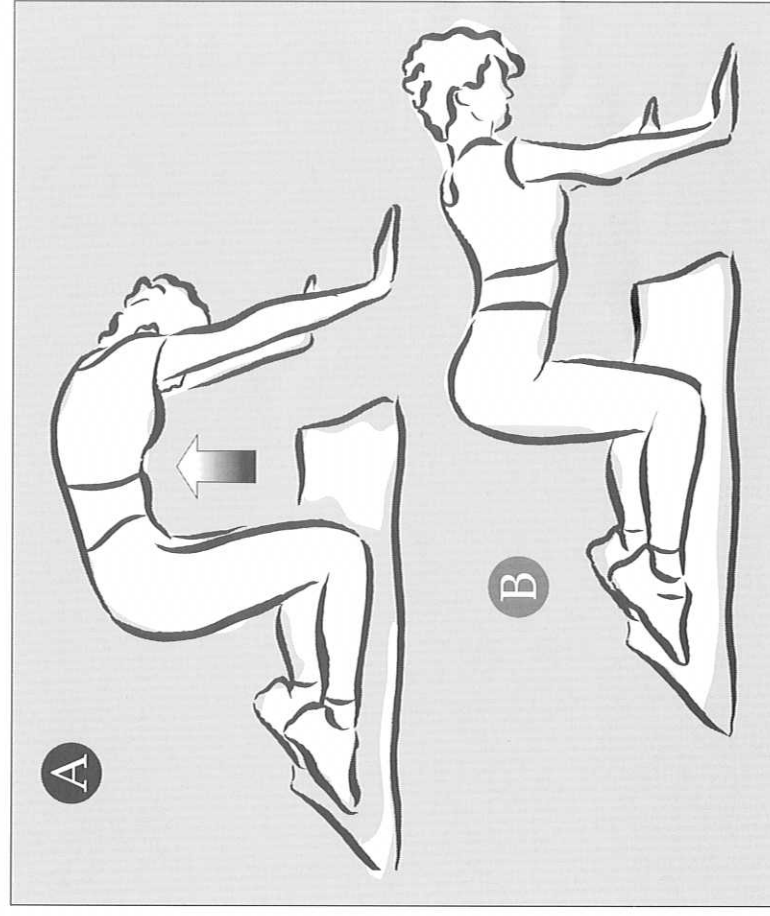
Hold \_\_\_\_\_ seconds / Repeat \_\_\_\_\_ times / Do \_\_\_\_\_ sessions per day

Special Precautions/Comments: \_\_\_\_\_

ACTIVE

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LUMBAR



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Special Precautions/Comments: \_\_\_\_\_