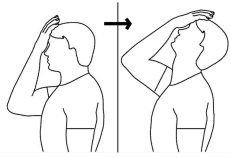


Stretch cerv ext sit w/over pressure

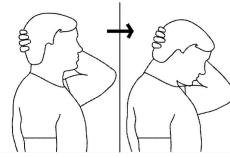


- Place palm against forehead.
- Gently push head backwards, as shown.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv flx

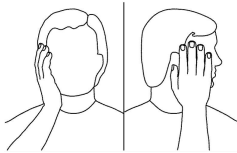


- Place hand on back of head.
- Gently push chin to chest.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv rotn

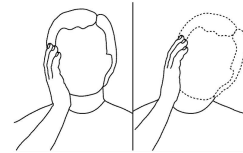


- Place right palm against right jaw.
- Gently rotate head to left as shown.
- Repeat with left hand in left direction.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv sidebend w/pressure same side

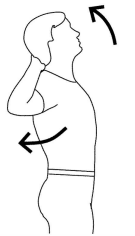


- Place right palm against side of head.
- Gently push to left, as shown.
- Repeat with left hand in other direction.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv ext w/Pectoral

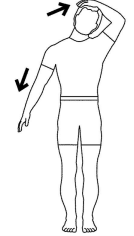


- Sit or stand with proper posture.
- Interlace fingers behind neck elbows out to side.
- Move neck and shoulders backward until a stretch is felt on front of neck and chest.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv sidebends arm outstretched



- Stand or sit.
- Reach downward with right arm.
- Place left arm on top of head.
- Gently bend head while pulling down gently to left stretching muscles on right side of neck.
- Repeat to other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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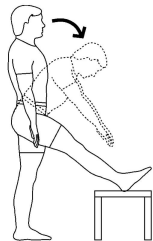
Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

BNAF

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Stretch hamstring uni stand



- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

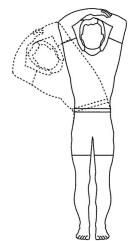
Special Instructions:

Keep the knee straight.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch iliocostalis stand

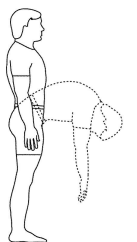


- Stand against wall.
- Cross arms overhead.
- Bend trunk to the right, keeping shoulders and arms against wall.
- Keep both feet on floor.
- Return to start position and bend to left.
- Repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch lumbar flx stand



- Stand with arms at sides.
- Slowly bend head forward.
- Continue bending with the mid back and then the low back.
- Return to start position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch lumbar rotn stand w/bent knee

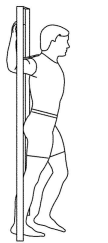


- Place right foot on chair or stool.
- Grasp right knee with left hand.
- Gently pull with left arm and twist trunk to the right.
- Relax and repeat.
- Repeat stretch to the left with the left foot on chair.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Pectoral standing w/shld ER

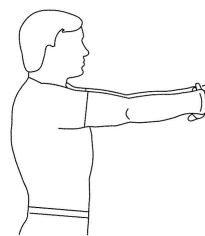


- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Rhomboids, wrist flexors bil (front)

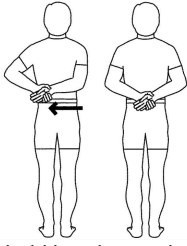


- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Serratus anterior

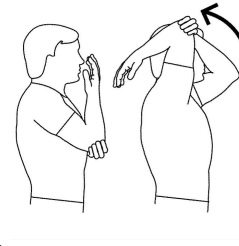


- Reach behind back and hold hands together.
- Pull involved side across back at waist level.
- Relax and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Triceps



- Begin with arm at side.
- Bend elbow of involved arm.
- With other arm, slowly lift arm overhead, keeping elbow bent.
- Relax and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch wrist flexors bil (overhead)

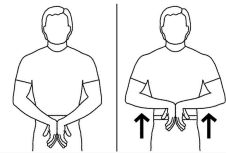


- Interlock fingers of both hands together.
- Raise arms overhead, palms upward.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch wrist extensors bil (reverse prayer)

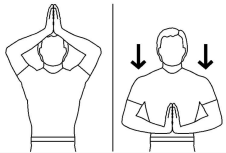


- Begin backs of hands together in front of body at hip level.
- Slowly bring arms upward.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch wrist flexors bil (prayer)



- Place palms together over head.
- Keep palms together and move hands downward as far as possible.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.