

Home Stretches

For each of these stretches, do 5 reps two times per day. Increase your reps by 2 each week until you are doing 15 reps of each two times per day. After you have reached 15, begin to decrease your reps for each stretch by 2 until you return to 5 reps (same as when you started).

1. Low Back

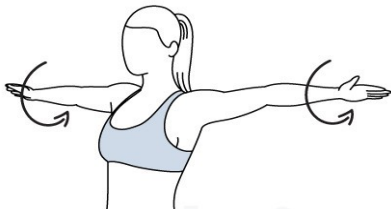


Cat Cow Stretches – 5 reps each, two times per day.

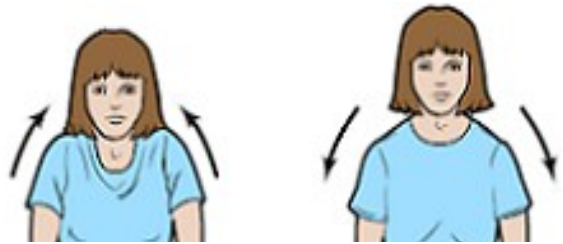


Tail Wag Stretches – 5 reps each, two times per day.

2. Shoulders



Arm Circles, forwards and backwards – 5 reps each, two times per day.



Shoulder Shrugs, up and down – 5 reps each, two times per day.

3. Neck



Stretch Forwards and Back – 5 reps each, two times per day.



Look From Left to Right – 5 reps each, two times per day.



Lean from Left to Right – 5 reps each, two times per day.