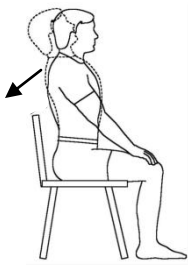
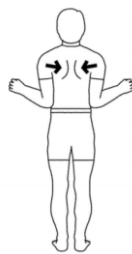
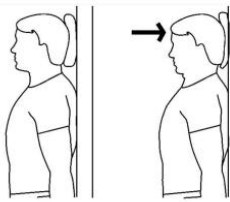
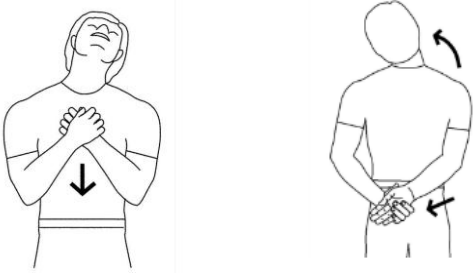
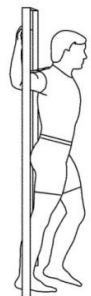




COMPLETE PHYSICAL THERAPY

<p>Thoracic Extensions</p> 	<p>Start by sitting up tall and pulling your shoulders down and back.</p> <p>With your eyes on the horizon, extend your upper back by leaning backward with your chest up.</p>
<p>Shoulder Blade Squeezes</p> 	<p>In a standing or seated position, bring your chest up and pull your shoulders down and back.</p> <p>With your elbows bent, pull back while squeezing your shoulder blades together.</p> <p>Hold squeeze for 3 seconds and repeat.</p>
<p>Chin Tucks</p> 	<p>With your face and eyes looking straight ahead, tuck your chin in towards your neck.</p> <p>At the same time, bring your head backwards.</p> <p>Note: This can be performed without use of a wall in a seated, standing, or supine position.</p>
<p>Neck Stretches</p> 	<p>Exercise 1 Pull shoulders down towards the ground. Pull ear down towards shoulder. Look up in a diagonal direction to the opposite side.</p> <p>Exercise 2 Pull shoulders down towards the ground or grasp hands together behind back. Pull ear down towards shoulder.</p>
<p>Doorway Chest Stretch</p> 	<p>Position yourself between edges of a door frame.</p> <p>Raise arms and bend elbows to 90 degrees.</p> <p>Gently lean forward into doorway.</p>

