

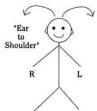
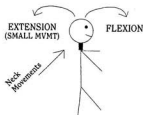


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CERVICAL RANGES OF MOTION

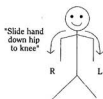
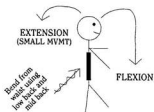


LATERAL FLEXION

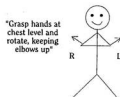


ROTATION

THORACO-LUMBAR RANGES OF MOTION



LATERAL FLEXION



ROTATION

These "stretches" should be done very slowly, with no jerking. Do 5 of each movement daily. Do perform stretches after any prolonged sitting or standing. Call if ever any questions or problems