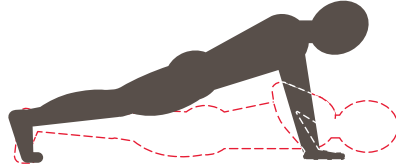


AROM shld push-ups

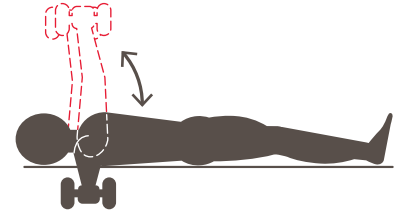
- Begin lying on floor, as shown.
- Push up, extending to straight elbows.
- Maintain a straight back.
- Repeat.



Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

Resist shld horiz add bil supine w/wt

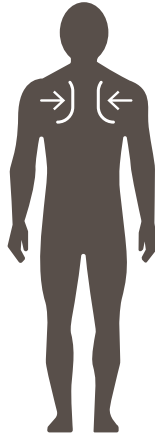
- Lie on back, arms out to sides, elbows straight.
- Hold weights in hands.
- Lift arms to middle, keeping elbows straight.
- Return to start position and repeat.



Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

AROM shld retract bil stand arms at side

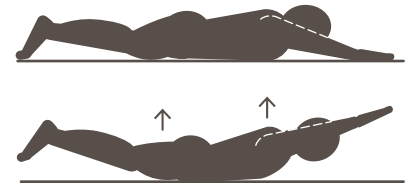
- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.



Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

AROM lumbar ext prone high level

- Lie face down with arms outstretched over head as shown.
- Arch upward, raising arms and legs off floor.
- Return to start and repeat.



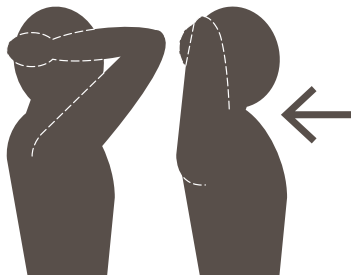
Special Instructions:

Progress by holding 2–3 seconds.

Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

AROM shld retract bil stand hands at neck

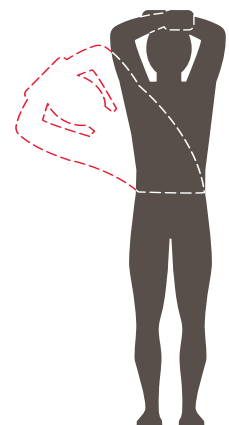
- Stand or sit, with hands clasped behind head.
- Squeeze shoulder blades together.
- Relax and repeat.



Perform 1 set of 2 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

Stretch iliocostalis stand

- Stand against the wall.
- Cross arms overhead.
- Bend trunk to side, keeping shoulders and arms against wall.
- Keep both feet on floor.
- Return to start position and bend to opposite.
- Relax and repeat.



Perform 1 set of 2 repetitions, twice a day.
Hold exercise for 20 seconds.