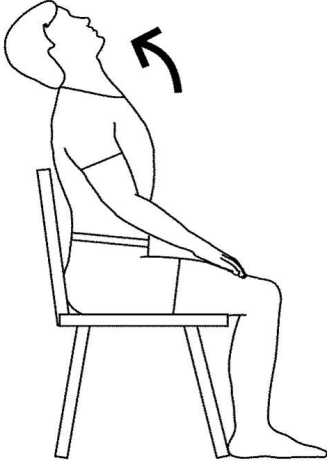


Comment:

Maintain proper posture during all exercises and stretches. If you are in pain, perform only those exercises and stretches recommended by your physician. Do not work through pain. Do not strain during exercises and stretches. If you have inceased pain or have been diagnosed with central canal stenosis, anterolisthesis or other major medical condition of the spine, consult a physician before doing these exercises.



Stretch cerv ext sit

- Sit in chair with good back support.
- Sit with proper posture.
- Slowly bend neck backward stretching the muscles on the front part of neck.
- Hold and return to start position.
- Repeat.

Perform 1 set of 4 Repetitions, twice a day.

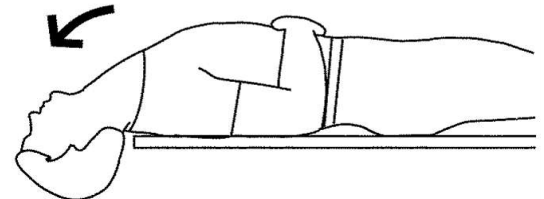
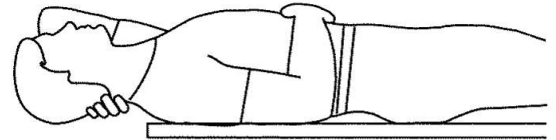
Hold exercise for 20 Seconds.

Stretch cerv ext supine

- Lie on bench or firm bed.
- Position so the entire head and neck is off the edge.
- Hold head up with an arm.
- Slowly lower the head backward to stretch the muscles on the front of the neck.
- Use hand to return to start position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

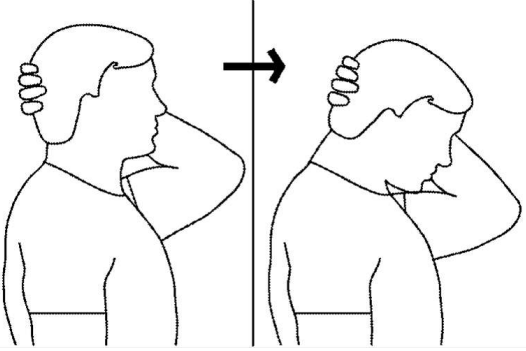
Hold exercise for 20 Seconds.



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Stretch cerv flx

- Place hand on back of head.
 - Gently push chin to chest.
- Perform 1 set of 4 Repetition, twice a day.

Hold exercise for 20 Seconds.

Stretch Scalleni diag

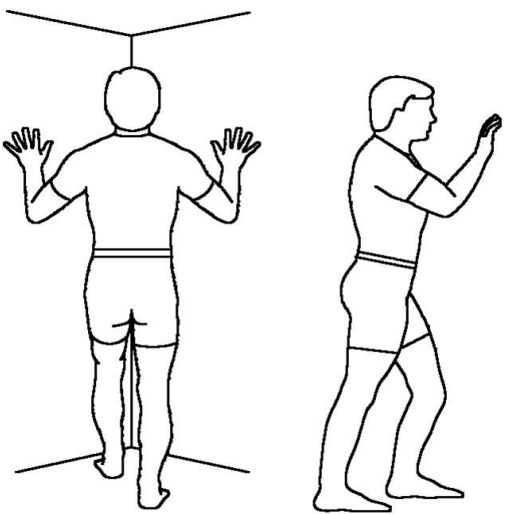
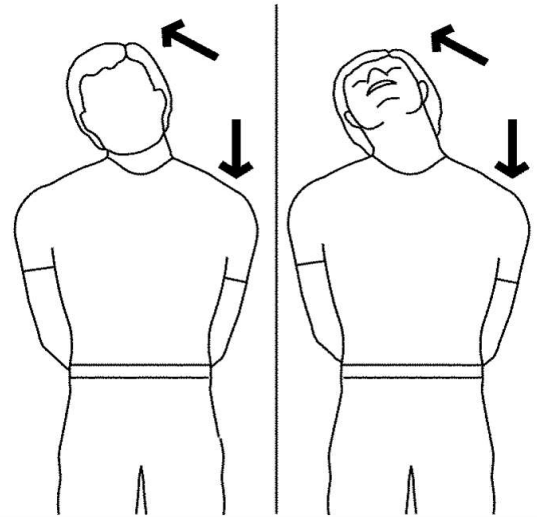
- Stand, hold hands behind back.
- Lower left shoulder, tilt head to right, and slightly upward.
- Repeat with other side.

Special Instructions:

This stretch may also be done while lying on back.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.



Stretch Pectoral standing at corner

- Stand in in corner.
- Place arms at chest level on wall.
- Gently step forward, keeping back straight.
- Return to start position.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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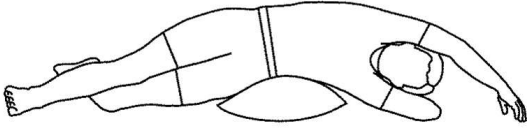
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Stretch Intercostals sidelying

- Lie on side, pillow placed between lower ribs and hips.
- Raise arm over head as shown.
- Breathe evenly allowing the muscles between the ribs to stretch.
- Repeat with other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

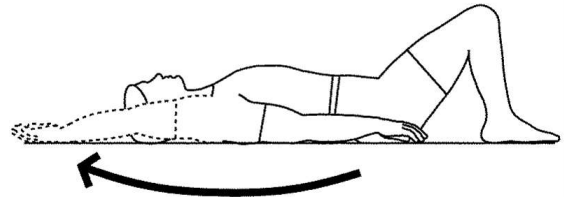


Stretch Latissimus supine

- Lie on back, low back flat against floor, arms at side, palms down.
- Move arms out to side until overhead while rotating palms up as shown.
- Hold arms flat on the floor.
- Maintain the low back flat against the floor.
- Hold, return to start position, and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

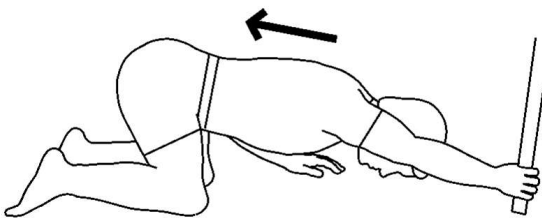


Stretch Lattisimus/Obliques kneeling

- Kneel on floor as shown.
- Reach forward with right arm, grasping a secure object.
- Lean back toward heels.
- Repeat with other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.



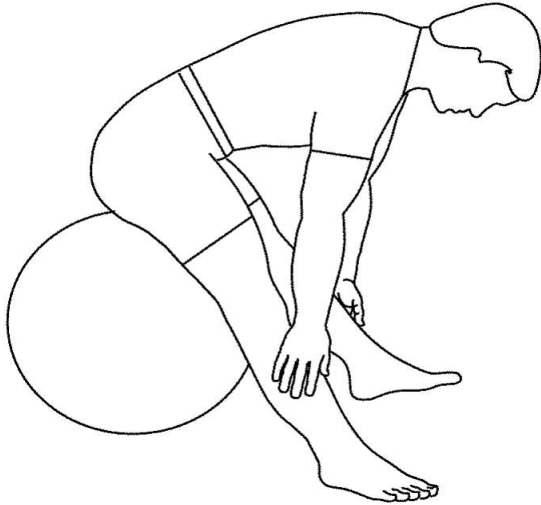
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Stretch hamstring/adductors bil sit w/ball

- Sit on ball with thighs apart.
- Feet should be flat on floor.
- Place hands on thighs.
- Slowly lean forward and slide hands toward ankles as far as possible.
- Repeat.

Special Instructions:

Keep low back straight.
Perform 1 set of 4 Repetitions, twice a day.

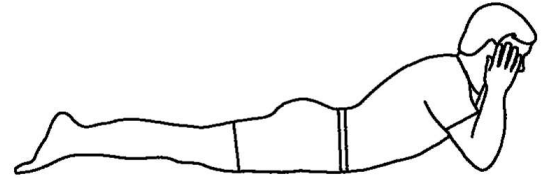
Use Ball.
Hold exercise for 20 Seconds.

Stretch lumbar ext prone (sphinx)

- Lie face down.
- Place elbows on floor, resting chin in hands.
- Relax back and buttocks muscles.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

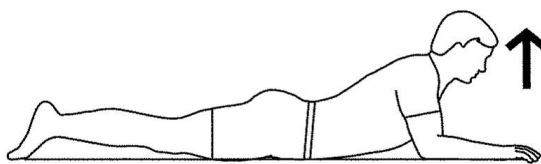


Stretch lumbar ext prone on elbows

- Lie face down.
- Push up onto elbows.
- Hold position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

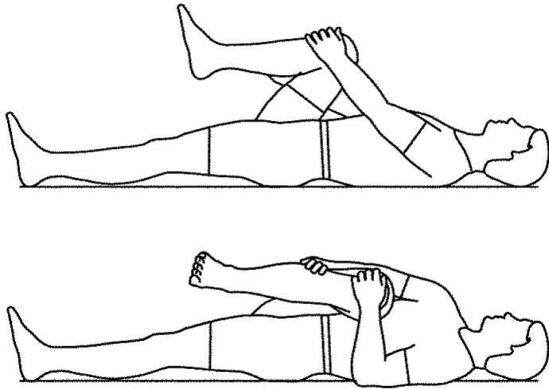


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Stretch Piriformis supine w/hip flx



- Lie on back.
- Lift involved leg to chest and grasp knee with opposite hand.
- Grasp lower calf with your other hand.
- Gently pull your leg across chest to opposite shoulder while rotating leg inward until a stretch is felt deep in the buttocks.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

AROM lumbar alt leg/arm (bird dog)

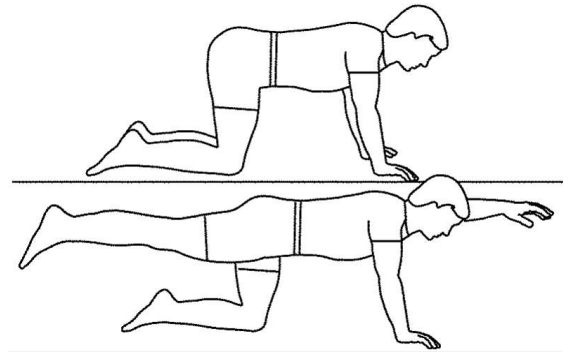
- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

Special Instructions:

Maintain neutral spine, do not twist.
Progress by placing weights on ankles and wrists.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

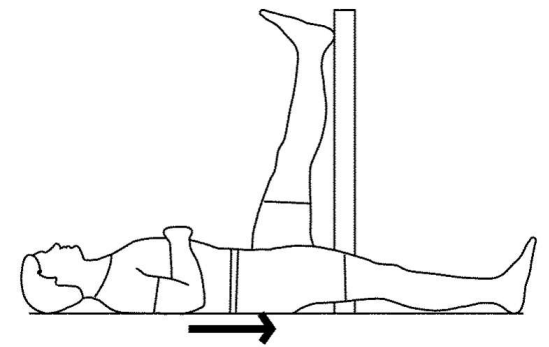


Stretch hamstring supine wall

- Lie on back, leg elevated and positioned at doorway as shown.
- Buttocks should be about 5 inches from wall, low back flat on floor.
- Gently slide buttocks toward wall, keeping knee straight, until stretch is felt.
- Relax and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

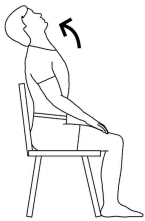


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1. Stretch cerv ext sit

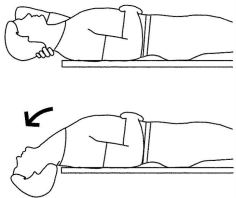


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

2. Stretch cerv ext supine

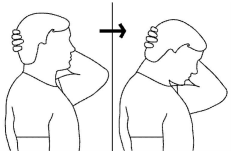


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

3. Stretch cerv flx

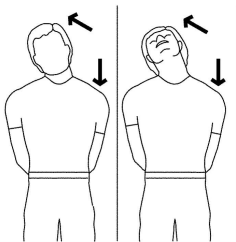


Perform 1 set of 4 Repetition, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

4. Stretch Scalleni diag

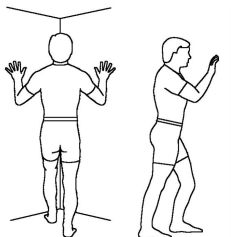


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

5. Stretch Pectoral standing at corner

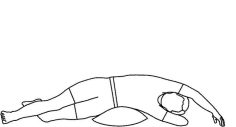


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

6. Stretch Intercostals sidelying



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

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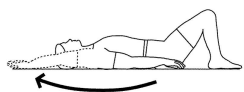
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					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

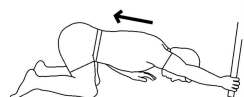
7. Stretch Latissimus supine



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

8. Stretch Lattissimus/Obliques kneeling

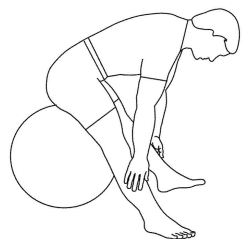


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

9. Stretch hamstring/adductors bil sit w/ball



Perform 1 set of 4 Repetitions, twice a day.

Use Ball.
 Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

10. Stretch lumbar ext prone (sphinx)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

11. Stretch lumbar ext prone on elbows



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

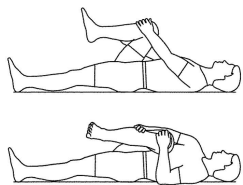
					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

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12. Stretch Piriformis supine w/hip flx

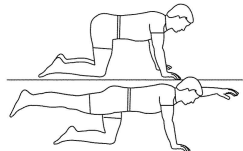


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

13. AROM lumbar alt leg/arm (bird dog)

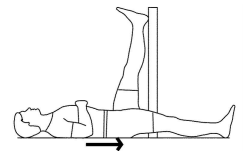


Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

14. Stretch hamstring supine wall



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					3/4	3/5
3/6	3/7	3/8	3/9	3/10	3/11	3/12
3/13	3/14	3/15	3/16	3/17		

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Comment:

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Stretch cerv ext sit



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv ext supine

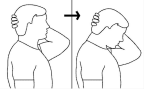


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.



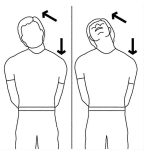
Stretch cerv flx



Perform 1 set of 4 Repetition, twice a day.

Hold exercise for 20 Seconds.

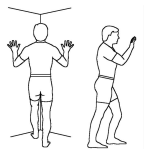
Stretch Scalleni diag



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Pectoral standing at corner



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Intercostals sidelying



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Latissimus supine



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Lattisimus/Obliques kneeling



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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Stretch hamstring/adductors bil sit w/ball



Perform 1 set of 4 Repetitions, twice a day.

Use Ball.
Hold exercise for 20 Seconds.

Stretch lumbar ext prone (sphinx)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

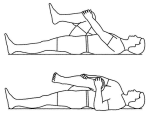
Stretch lumbar ext prone on elbows



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Piriformis supine w/hip flx



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

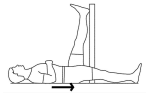
AROM lumbar alt leg/arm (bird dog)



Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Stretch hamstring supine wall



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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