
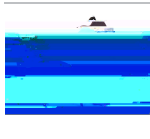



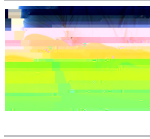
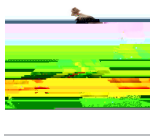
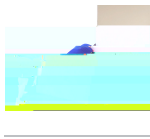


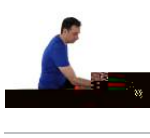



Notes :

Self Releases can be done with or without a ball/peanut ball-Begin without and progress to with a ball if you have one.

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|  | <p>1 Posture setting
Freq: Daily Hold: 2-5 seconds</p> <p>GEN95307</p> |
|  | <p>2 Spine extension with arms crossed
Sets: 1-3 Reps: 5-10 Freq: Daily</p> <p>GEN335781</p> |
|  | <p>3 Active protraction/retraction
Sets: 1-3 Reps: 5-10 each side Freq: Daily</p> <p>GEN12436</p> |
|  | <p>4 Self massage neck
Freq: As needed with stiffness Duration: 30-60 sec</p> <p>GEN17760</p> |
|  | <p>5 Self massage trapezius
Freq: As needed with stiffness Duration: 30-60 sec</p> <p>GEN17763</p> |
|  | <p>6 Self-massage, extensors
Freq: As needed with stiffness Duration: 30-60 sec</p> <p>GEN192976</p> |
|  | <p>7 Pec minor self-release
Freq: As needed with stiffness Duration: 30-60 sec</p> <p>GEN296968</p> |
|  | <p>8 Upper trap release with ball
Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec</p> <p>GEN280904</p> |
|  | <p>9 Scapular muscle release
Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec</p> <p>GEN100642</p> |
|  | <p>10 Myofascial release: pectorals
Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec</p> <p>GEN104088</p> |
|  | <p>11 Extensors release
Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec</p> <p>GEN227377</p> |
|  | <p>12 Flexors release
Reps: 5-8 Rolls Freq: As needed with stiffness Duration: OR 20-60 sec</p> <p>GEN227378</p> |
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