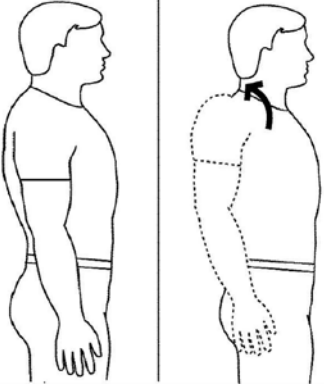
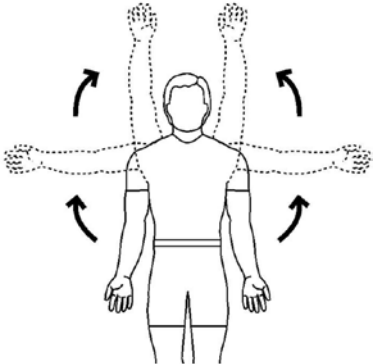
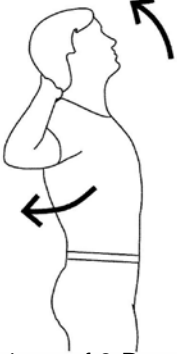
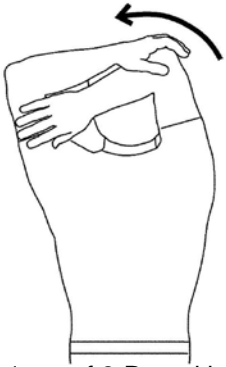
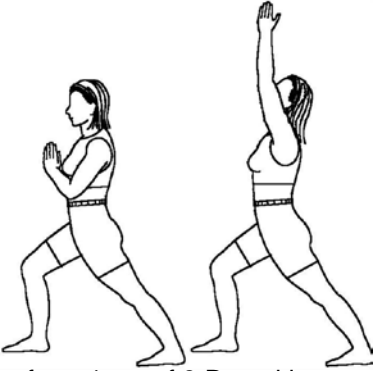

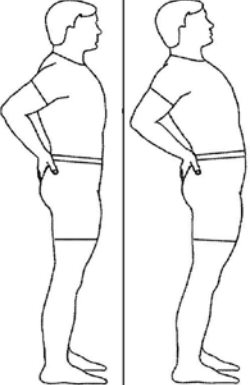
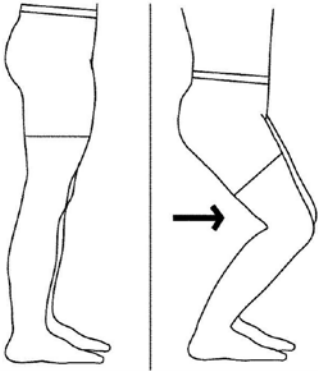
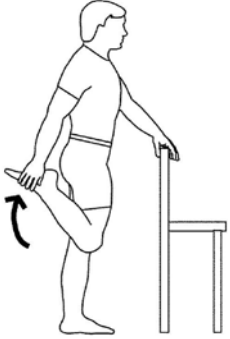


Exercise Program For:
Staff who are completing tasks that are physically demanding

<p>AROM shld elev/retract bil (shld rolls)</p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>	<p>AROM shld abd bil</p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>	<p>Stretch cerv ext w/Pectoral</p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Second.</p>
<p>Stretch shld capsule inferior</p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>	<p>Warrior 1</p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>	<p>AROM lumbar rotn stand</p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>
<p>AROM lumbar ext standing</p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>	<p>AROM knee squat bil full</p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>	<p>Stretch Quads standing</p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>