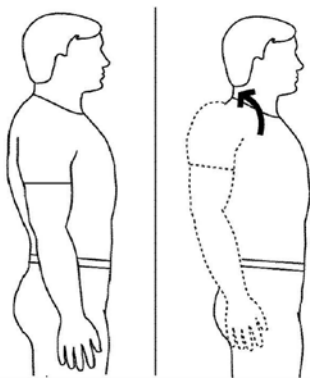


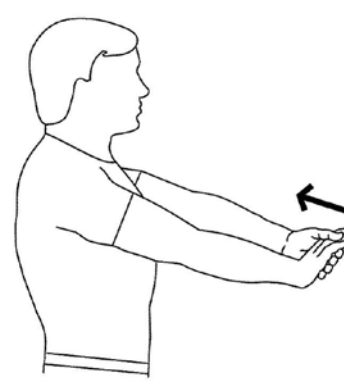
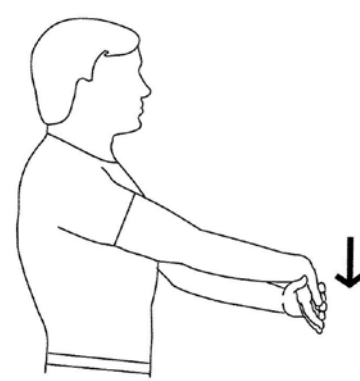

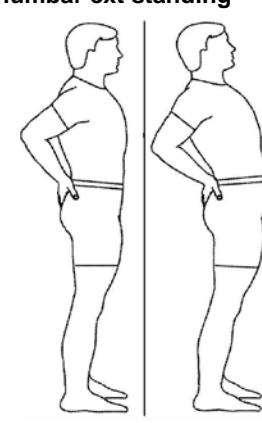
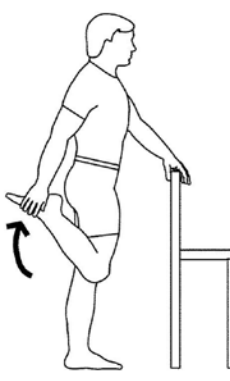
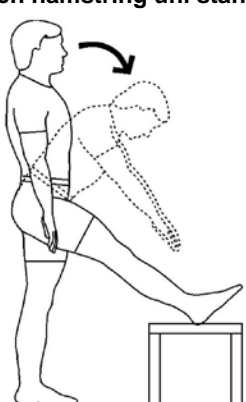


**Exercise Program For:**  
Staff who are completing tasks that are *not* physically demanding

<p><b>AROM shld elev/retract bil (shld rolls)</b></p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>	<p><b>Stretch cerv ext w/Pectoral</b></p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Second.</p>	<p><b>Stretch Trapezius upper</b></p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>
<p><b>Stretch wrist flexors straight arm pron</b></p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>	<p><b>Stretch wrist flexors straight arm w/sup</b></p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>	<p><b>AROM lumbar rotn stand</b></p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>
<p><b>AROM lumbar ext standing</b></p>  <p>Perform 2 sets of 10 Repetitions, once a day.</p>	<p><b>Stretch Quads standing</b></p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>	<p><b>Stretch hamstring uni stand</b></p>  <p>Perform 1 set of 3 Repetitions, once a day. Hold exercise for 20 Seconds.</p>