

VIDEO	AUDIO
<p><b>Main Title</b> Abdominal Oblique Strengthening</p>	<p><b>Voice Over</b> Abdominal Oblique Strengthening</p>
	<p>Lie on your back. An exercise mat should be used for comfort and to prevent injury.</p> <p>Elevate you legs using a medium or large PhysioBall</p> <p>This will help protect your lower back, and see that it is properly positioned on the mat.</p> <p>Gently cross your arms across your chest. Curl up off the matt using your abdominal muscles while twisting to the right.</p> <p>You should feel a muscular contraction on the right side</p> <p>Be sure you are using your abdominals and not your neck muscles – you neck should remain relaxed</p> <p>Slowly lower your torso back to the mat – and relax</p> <p>Repeat with the same twisting motion to the left side again making sure not to use your neck to assist. Lower your torso to the mat, and relax</p> <p>Once you complete this movement, return to the initial position..</p>

VIDEO	AUDIO
<p><b>Main Title</b> Abdominal Strengthening - Main Group</p>	<p><b>Voice Over</b> Abdominal Strengthening - Main Group</p>
	<p>Strong abdominal muscles can be a key to alleviating and preventing lower back problems.</p> <p>Lie on your back upon an exercise mat, resting your calves on a medium or large exercise ball.</p> <p>Having your legs elevated this way prevents injury to</p>

	<p>your lower back by keeping it properly positioned, flat against the mat.</p> <p>Gently cross your arms across your chest. Curl up off the matt using your abdominal muscles</p> <p>Be sure you are using your abdominals and not your neck muscles – you neck should remain relaxed</p> <p>Slowly lower your torso back to the mat – and relax for a beat or two – then repeat.</p> <p>Once you complete this movement, return to the initial position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Front Arm Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Front Arm Strengthening with a Therapy Band</p>
	<p>Use a chair to sit upright in a comfortable position. You should be seated at the edge of the seat.</p> <p>With your right foot flat on the floor, place a therapy band around your right foot, grasping the band handle in your right hand</p> <p>As you begin make sure your right elbow is held at 90 degrees and firmly against your right side.</p> <p>Now lift the therapy band handle bringing your right hand up to your right shoulder.</p> <p>You should feel the muscles of your right upper arm tighten.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
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<b>Main Title</b> Triceps Stretch	<b>Voice Over</b> Triceps Stretch
	<p>Sit in a comfortable upright position.</p> <p>Now, bring your right arm out to the side and behind your head, dropping your right hand below you neck.</p> <p>Then, use your left arm to grab you right elbow, gently yet firmly dragging your right arm to the left by the elbow.</p> <p>You should feel the muscles on the right side of your upper back and the outside of your right upper arm stretch.</p> <p>Relax and repeat to the left side.</p> <p>Once you complete this movement, return to the initial position</p> <p>.</p>

<b>VIDEO</b>	<b>AUDIO</b>
<b>Main Title</b> Forearm Strengthening in Pronation with a Therapy Band	<b>Voice Over</b> Forearm Strengthening in Pronation with a Therapy Band
	<p>Use a chair to sit upright in a comfortable position. You should be seated at the edge of the seat.</p> <p>With your right foot flat on the floor, place a therapy band around your right foot. Grasp the other end of the therapy band tightly in your right hand, by the elastic band –not by the handle, with your palm up.</p> <p>Your body should be positioned leaning somewhat forward at the waist. Support your weight with your left hand on your left thigh.</p> <p>With your right forearm resting on your right thigh,</p>

	<p>rotate the band being held firmly in your right hand to the left. This is called Pronation.</p> <p>You will feel the muscles contract along your right forearm.</p> <p>Once you complete this movement, relax and return to the initial position</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Forearm Strengthening in Supination with a Therapy Band</p>	<p><b>Voice Over</b> Forearm Strengthening in Supination with a Therapy Band</p>
	<p>Use a chair to sit upright in a comfortable position. You should be seated at the edge of the seat.</p> <p>With your right foot flat on the floor, place a therapy band around your right foot. Grasp the other end of the therapy band tightly in your right hand, by the elastic band –not by the handle, with your palm down.</p> <p>Your body should be positioned leaning somewhat forward at the waist. Support your weight with your left hand on your left thigh.</p> <p>With your right forearm resting on your right thigh, tightly grasping the band with your palm down - rotate your right hand to the right. This is called Supination.</p> <p>You will feel the muscles contract along your right forearm.</p> <p>Once you complete this movement, relax and return to the initial position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Elbow Ranges of Motion -</p>	<p><b>Voice Over</b></p>

Flexion and Extension	Elbow Ranges of Motion - Flexion and Extension
	<p>Sit upright in a comfortable position, your right arm resting on your thigh.</p> <p>Begin by lifting your arm straight out in front of your body in a fluid movement, parallel to the floor, with your palm up.</p> <p>Lock your arm in this position and concentrate on lengthening your arm and sending energy out through the fingertips.</p> <p>You should feel a subtle stretching sensation across the top and bottom of your elbow.</p> <p>Now keep your arm parallel to the floor and flex your elbow all the way back towards your body.</p> <p>Again, envision sending energy out of your fingers. You will again feel a mild stretching sensation across the top and bottom of your elbow</p> <p>Relax –lower your arm –and repeat the stretch on the left-hand side.</p> <p>Once you complete this movement, return to the initial position</p>

VIDEO	AUDIO
<b>Main Title</b> Elbow Ranges of Motion - Pronation and Supination	<b>Voice Over</b> Elbow Ranges of Motion - Pronation and Supination
	<p>Sit upright in a comfortable position, your right arm resting on your thigh.</p> <p>Begin by lifting your arm straight out in front of your body in a fluid movement, parallel to the floor, with your palm up.</p> <p>Now, while your arm is held straight but comfortably</p>

	<p>out in front of you -- rotate your palm down so it is facing the floor.</p> <p>You will feel the muscles across the back of your forearm slowly contract.</p> <p>Next, while still holding your arm straight and parallel to the floor, turn your palm back up again.</p> <p>You will feel the muscles across the back of your forearm slowly contract once again.</p> <p>Once you complete this movement, relax and return to the initial position</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Wrist Range of Motion</p>	<p><b>Voice Over</b> Wrist Range of Motion</p>
	<p>Sit upright in a comfortable position, your arms loosely at your sides.</p> <p>Begin by lifting your right arm in front of your body, parallel to the floor, elbow bent at 90 degrees to about chest level - with your palm facing down.</p> <p>Now, bring your left hand over to support your right wrist.</p> <p>Bend your right hand at the wrist away from your chest, staying on a plane parallel to the floor. You should feel the muscles stretch on the inside of your wrist.</p> <p>Bring your wrist back to the starting position. Then repeat the motion in towards your chest. Now, you should feel the muscles stretch on the outside of your wrist.</p> <p>Once you complete this movement, relax, and return both arms to your starting position at your sides.</p>

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VIDEO	AUDIO
<b>Main Title</b> Wrist Range of Motion - Extension and Flexion	<b>Voice Over</b> Wrist Range of Motion - Extension and Flexion
	<p>Sit upright in a comfortable position, both arms resting on your thighs.</p> <p>Bring your hands together in front of your chest as in prayer. Keeping your palms and fingers together, gently thrust your wrists downward, while you bring your elbows upward.</p> <p>This is extension. You should feel the muscles stretch along your hands and wrists. Return to your starting position.</p> <p>Next, place your fingers and hands back-to-back in front of you – once again at chest level.</p> <p>Keeping the backs of your hands and fingers together, bend upward at the wrist, while bending your elbows downward. This is Flexion.</p> <p>You should feel the muscles stretch along the backs of your hands and wrists.</p> <p>Once you complete this movement, relax and return to the initial position</p>

VIDEO	AUDIO
<b>Main Title</b> Wrist Extension with a Therapy Band	<b>Voice Over</b> Wrist Extension with a Therapy Band
	<p>To start this exercise you should be seated comfortably, with your right foot slipped into a</p>

	<p>therapy band.</p> <p>Sit upright at the edge of the chair, with you right hand grasping the handle of the band as you would the handle bar on a bicycle.</p> <p>Lean forward just a little bit, and support your weight with your left hand on your left thigh.</p> <p>With your right forearm held firmly against your right thigh, and your wrist resting on your right knee, lift your wrist upward.</p> <p>You have just extended your wrist. You should feel the muscles along your right forum contract with the movement.</p> <p>Relax and return your arm and wrist to their original position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Wrist Strengthening with a Therapy Band - Radial Deviation</p>	<p><b>Voice Over</b> Wrist Strengthening with a Therapy Band - Radial Deviation</p>
	<p>To start this exercise you should be seated comfortably, with your right foot slipped into a therapy band.</p> <p>Sit upright at the edge of the chair, with your right hand grasping the handle of the band as you would the steering wheel of your car, with your thumb on the top of the handle pointing at the ceiling.</p> <p>Lean forward just a little bit, and support your weight with your left hand on your left thigh.</p> <p>Starting with your thumb upright and your wrist in the neutral position -- slowly bend your wrist upwards towards the ceiling; this is called radial deviation.</p> <p>You should feel the muscles contract along the outside</p>

	<p>of your right forearm, closest to the wrist.</p> <p>Relax and return your arm and wrist to their original position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Wrist Strengthening with a Therapy Band - Ulnar Deviation</p>	<p><b>Voice Over</b> Wrist Strengthening with a Therapy Band - Ulnar Deviation</p>
	<p>While seated comfortably, grasp a therapy band between your right and left hands. Your thumbs should be holding the band securely against your index fingers, with your palms facing down.</p> <p>Your elbows should be at your waist and bent at 90-degree angles.</p> <p>Now, while keeping your right wrist parallel to the floor, bend your right hand at the wrist to the right, sliding your thumb across the band.</p> <p>You should feel the muscles contract along the outside of your right forearm, closest to the wrist.</p> <p>Relax and return your arm and wrist to their original position.</p> <p>.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Grip Strengthening with a Tennis Ball</p>	<p><b>Voice Over</b> Grip Strengthening with a Tennis Ball</p>
	<p>Sit comfortably in an upright position. Grasp a tennis ball in your right hand, with the palm up.</p> <p>Your arm should be bent at the elbow at 90 degrees and elevated slightly above your right thigh.</p>

	<p>Now, slowly squeeze the tennis ball in your right hand.</p> <p>You should feel the muscles of your forearm contract.</p> <p>Relax and release the pressure on the ball.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Hand and Fingers Stretch</p>	<p><b>Voice Over</b> Hand and Fingers Stretch</p>
	<p>Sit in a comfortable position. Put your hands out in front of you, elbows bent at 90 degree angles and your finger tips touching in a teepeed position.</p> <p>Keeping your finger tips touching, stretch your fingers and hands out as far as they can go- you will feel a stretching sensation in your fingers and hands.</p> <p>Close your fingers. Relax and repeat the stretch again, once more keeping your finger tips together and stretching as far as you can go.</p> <p>Relax and return to the original position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Finger Walking - Shoulder Ranges of Motion</p>	<p><b>Voice Over</b> Finger Walking - Shoulder Ranges of Motion</p>
	<p>Stand perpendicular to a wall, about 12 inches away. Stretch your arm out at your side, with your elbow bent at 90 degrees, with your fingertips gently resting on the wall.</p> <p>Now, slowly walk your fingertips up the wall stretching your shoulder as high as it will go. Slowly walk your fingers back down the wall to the starting position.</p>

	<p>Now, turn and face the wall – this time with your arm out in front of you, walk your fingers up the wall once again as high as you comfortably can.</p> <p>And then, slowly walk them back down again to the starting position.</p> <p>.</p>
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<b>VIDEO</b>	<b>AUDIO</b>
<p><b>Main Title</b> Lower Back Extensions on an Exercise Ball</p>	<p><b>Voice Over</b> Lower Back Extensions on an Exercise Ball</p>
	<p>Lie on your chest on a large exercise ball. Your legs should be stretched out behind you with your feet flat on the ground.</p> <p>Your arms are supporting your weight, placed firmly on the ball on either side of your chest.</p> <p>Tightening your stomach muscles for additional support, raise you torso up off of the ball, You should feel the muscles of your lower and mid back contract.</p> <p>While doing the movement envision your energy flowing through your spine and out of the top of your head.</p> <p>Once you complete this movement, return to the initial position.</p>

<b>VIDEO</b>	<b>AUDIO</b>
<p><b>Main Title</b> Lower Back Extensions on an Exercise Mat</p>	<p><b>Voice Over</b> Lower Back Extensions on an Exercise Mat</p>
	<p>To begin this exercise you are lying on your stomach on an exercise mat.</p> <p>Your elbows should be at your sides and your hands flat on the mat, fairly close to your shoulders.</p> <p>Now straighten your elbows while raising your chest and shoulders – feel the energy flowing, up and</p>

	<p>through your spinal column until it exits through your head.</p> <p>The muscles of your lower and mid-back will tighten.</p> <p>Once you complete this movement, return to the initial position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Lower Back Range of Motion</p>	<p><b>Voice Over</b> Lower Back Range of Motion</p>
	<p>To begin this exercise sit comfortably on a chair . You should be sitting sideways on the chair so that your back is not facing the back of the chair. Your arms are folded across your chest.</p> <p>Now, bend your neck and shoulders forward using your middle back. You should feel your spine stretch from bottom to top. Relax and return to the starting position.</p> <p>Next, bend your neck, shoulders and the upper back, backwards. Feel the movement continue as far as you can through your mid-back.</p> <p>You should now feel your mid and lower back muscles tighten. Relax and once again return to the starting position.</p> <p>In the next movement, slowly tilt your neck and shoulders to the left, this time you will feel the muscles stretching along the right side of your back.</p> <p>Now repeat this motion to the right side. You will feel the muscles on the left side of your back stretch.</p> <p>Next you will rotate your spine to the left.</p> <p>After returning to position one - follow this movement with a rotation to the right.</p> <p>As you twist left you will feel your muscles stretch from the left shoulder down to the right lower back, when you twist right, the sensation will be from the</p>

	<p>right shoulder to the left lower back.</p> <p>This completes the exercise. Relax and return to the starting position</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Back Strengthening Exercise - Arm Lifts</p>	<p><b>Voice Over</b> Back Strengthening Exercise - Arm Lifts</p>
	<p>Start down on your hands and knees on an exercise mat; balance your weight as evenly as you can. Your stomach muscles should be taught- and your back straight.</p> <p>Now raise you right arm forward, so that it aligns straight with your body. Focus on sending energy up through your spine and then out down your arm through your fingertips.</p> <p>Relax and return to the first position, then repeat this movement with the left arm and hand.</p> <p>This completes the exercise. Relax and return to the starting position.</p> <p>.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Back Strengthening Exercise - Leg Extensions</p>	<p><b>Voice Over</b> Back Strengthening Exercise - Leg Extensions</p>
	<p>Start down on your hands and knees on an exercise mat; balance your weight as evenly as you can. Your stomach muscles should be taught- and your back straight.</p> <p>Now raise you right leg backward so it aligns straight with your body. Focus on sending energy down your spine, through your leg, exiting your toes.</p> <p>Relax and return to first position, then repeat this movement with your other leg and foot.</p>

	This completes the exercise. Relax and return to the starting position
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VIDEO	AUDIO
<b>Main Title</b> Back Strengthening Exercise - Opposite Arm and Leg Extension	<b>Voice Over</b> Back Strengthening Exercise - Opposite Arm and Leg Extension
	<p>Start down on your hands and knees on an exercise mat; balance your weight as evenly as you can. Your stomach muscles should be taught- and your back straight.</p> <p>Now simultaneously raise your right arm out forward, and your left leg out behind you, at the same time reaching energy forward down to your hand, and backward down to your toes.</p> <p>Relax and return to first position, then repeat this movement with your other arm and leg.</p> <p>This completes the exercise. Relax and return to the starting position.</p>

VIDEO	AUDIO
<b>Main Title</b> Middle Back Strengthening with a Therapy Band	<b>Voice Over</b> Middle Back Strengthening with a Therapy Band
	<p>To do this exercise you will need a therapy band, and a door handle, pole, or bedpost.</p> <p>Wrap the band tightly around the pole. Stand opposite the pole, grasping one of the band handles in each of your hands.</p> <p>Keep your hands at chest height, palms facing down, elbows slight bent upward, arms tucked in against your sides.</p> <p>Now pull on the bands bringing your shoulders</p>

	<p>together while bending your elbows behind your back.</p> <p>You will feel the muscles of your mid-back contract.</p> <p>Relax and return to the starting position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Upper and Mid Back Range of Motion</p>	<p><b>Voice Over</b> Upper and Mid Back Range of Motion</p>
	<p>Begin this exercise on your hands and knees on an exercise mat; balance your weight as evenly as you can. Your stomach muscles should be taught- and your back straight.</p> <p>Now, raise your head, arching your neck and shoulders up, while tightening your stomach muscles. Continue to stretch your neck and shoulders as far as you can. Envision bringing your shoulder blades together.</p> <p>You will feel the muscles of your upper and mid back contract.</p> <p>Relax and return to the starting position.</p> <p>Then, bend your head downwards, flexing your neck and shoulder muscles, while keeping your stomach taught and arching your mid and upper back skyward.</p> <p>Once again, you will feel the muscles of you upper and mid back contract.</p> <p>This completes this exercise. Relax and return to the initial position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Upper Back and Triceps Stretch</p>	<p><b>Voice Over</b> Upper Back and Triceps Stretch</p>
	<p>To start this exercise you should be seated comfortably, at the edge of a chair.</p>

	<p>Now reach your right arm up and behind your neck as if you are going to scratch your back. The fingers of your right hand should be just below your neck.</p> <p>Take your left arm up and over, and grasp your right elbow in your left hand.</p> <p>Now pull your right arm to the left with a gentle tug. The muscles of the outside of your arm, and your upper back will stretch.</p> <p>Relax. Return to the first position, and then repeat to the other side.</p> <p>This completes this exercise. Relax and return to your original position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Upper Back and Trapezius Stretch –</p>	<p><b>Voice Over</b> Upper Back and Trapezius Stretch</p>
	<p>To start this exercise you should be seated comfortably, at the edge of a chair.</p> <p>Now reach your arms and hands together out in front of you, forming the shape of a triangle, with your fingertips and the apex, and your thumbs at the base of the triangle.</p> <p>Keep your arms outstretched straight in front of you, while maintaining your fingers and thumbs in the shape of the triangle at chest level.</p> <p>Now move your head, neck, and upper back as one, down through your arms. You will feel the muscles of your upper back stretch.</p> <p>This completes this exercise. Relax and return to your original position.</p>

VIDEO	AUDIO
<b>Main Title</b> Upper Back Strengthening with a Therapy Band	<b>Voice Over</b> Upper Back Strengthening with a Therapy Band
	<p>To start this exercise you will be standing with your feet securely on top of a therapy band, a handle of the band grasped in each of your hands as you would a jump rope.</p> <p>Your arms should be at your sides, and your feet should have about 12 inches between them.</p> <p>Now pulling up in the bands, shrug both shoulders upward, and then roll them backward. You should feel the muscles of your upper back contract.</p> <p>Once you complete this movement, return to the initial position.</p>

VIDEO	AUDIO
<b>Main Title</b> Deep Chest Stretch	<b>Voice Over</b> Deep Chest Stretch
	<p>You will begin this exercise standing. Now stretch your arm out from your body and rest your palm upon a pole, or bedpost.</p> <p>Now slightly turn away from the bedpost while taking a small step forward. You should feel the muscles stretch across your chest and upper arm.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
<b>Main Title</b> Upper Chest Stretch	<b>Voice Over</b> Upper Chest Stretch

	<p>To start this exercise you should be seated comfortably, at the edge of a chair.</p> <p>Lift your arms out to your sides at 90 degree angles to your body; your elbows should also be bent at 90 degrees, pointing upward.</p> <p>Now, while keeping your arms in this position, slowly and gently pull your shoulder blades together.</p> <p>You should feel the muscles of your mid-back contract while at the same time feel the right and left side of your chest stretch.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Chest Flyes with a Therapy Band</p>	<p><b>Voice Over</b> Chest Flyes with a Therapy Band</p>
	<p>To start this exercise you will need a chair, a therapy band and a pole or bedpost.</p> <p>You will start out seated in the chair, with the therapy band tied to the pole behind your right shoulder, and slightly to the side. Grasp the handle of the band in your right hand. Your arm needs to be parallel to the floor and your elbow should be bent at 90 degrees.</p> <p>Now curve your right arm pulling the band across your body and chest to the left.</p> <p>You should feel the muscles of your right shoulder and right side of your chest contract.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Chest Press with a Therapy Band</p>	<p><b>Voice Over</b> Chest Press with a Therapy Band</p>
	<p>At the start of this exercise you are seated comfortably upright, with a therapy band stretched between your arms behind your neck, Grasp one handle of the band in each hand as you would the handlebars on a bicycle.</p> <p>The band should drape across your shoulder blades, and your arms are at chest level with elbows bent at 90 degree angles.</p> <p>Now, press your arms forward, feeling the resistance from the band, bending your elbows so your arms come out straight in front of you.</p> <p>You should feel your chest contract.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Hip Abduction Range of Motion</p>	<p><b>Voice Over</b> Hip Abduction Range of Motion</p>
	<p>This exercise begins with you lying on your back on an exercise mat.</p> <p>Cross your right leg up, and over your left knee, bent at about a 90 degree angle, so that your right foot is just outside of your left knee.</p> <p>Now use your left hand to drag your right knee downward towards your side, and up and in towards your chest.</p> <p>Try to keep your lower back flat against the mat throughout this movement; you should feel a stretching in your right glutes and right hip.</p>

	<p>Relax, and repeat the sequence on the opposite side.</p> <p>Once you complete this movement, return to the initial position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Hip Adduction Range of Motion</p>	<p><b>Voice Over</b> Hip Adduction Range of Motion</p>
	<p>This exercise begins with you lying on your back on an exercise mat.</p> <p>Cross your right leg up, and over your left knee, bent at about a 90 degree angle, so that your right foot is just outside of your left knee.</p> <p>Now use your left hand to drag your right knee downward towards your side, and up and in towards your chest.</p> <p>Try to keep your lower back flat against the mat throughout this movement; you should feel a stretching in your right glutes and right hip.</p> <p>Relax, and repeat the sequence on the opposite side.</p> <p>Once you complete this movement, return to the initial position.</p> <p>.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Hip and Gluteal Stretch</p>	<p><b>Voice Over</b> Hip and Gluteal Stretch</p>
	<p>This exercise begins with you lying on your back on an exercise mat.</p> <p>Cross your right leg up, and over your left knee, bent at about a 90 degree angle, so that your right foot is</p>

	<p>just outside of your left knee.</p> <p>Now use your left hand to drag your right knee downward towards your side, and up and in towards your chest.</p> <p>Try to keep your lower back flat against the mat throughout this movement; you should feel a stretching in your right gluteal muscle and upper right hamstring.</p> <p>Relax, and repeat the sequence on the opposite side.</p> <p>Once you complete this movement, return to the initial position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Hip Extension Range of Motion</p>	<p><b>Voice Over</b> Hip Extension Range of Motion</p>
	<p>In this exercise you will need to lie on your bed or a firm sofa. You may want to support your head with a pillow.</p> <p>Now bring your left leg bent at the knee up and into your chest, reach over and grasp your knee with both hands.</p> <p>While holding your left leg firmly, slowly and carefully drape your other leg over the side of the bed or couch. You will feel a stretch across your lower back, your right hip, and running down the front of your right thigh.</p> <p>Relax, and repeat the sequence on the opposite side.</p> <p>Once you complete this movement, return to the initial position.</p> <p>.</p>

VIDEO	AUDIO
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<b>Main Title</b> Hip Flexion Range of Motion	<b>Voice Over</b> Hip Flexion Range of Motion
	<p>For this exercise you will begin lying on your back on an exercise mat.</p> <p>Now bring your left leg up, place both hands behind your knee and pull it firmly up and into your chest.</p> <p>You will feel a stretch of your left gluteal muscle and left hip.</p> <p>Relax, and repeat the movement with your right leg.</p> <p>Once you complete this movement, return to the initial position.</p>

<b>VIDEO</b>	<b>AUDIO</b>
<b>Main Title</b> Butterfly Hip Stretch	<b>Voice Over</b> Butterfly Hip Stretch
	<p>For this exercise you will begin seated upright on an exercise mat, with your legs out in front of you.</p> <p>Now bring the flat of your feet together heel to heel, toe to toe. Grasp both ankles, with both hands.</p> <p>Your elbows should be resting on your thighs. Now, bend at the elbows while leaning forward and downward. Your elbows should be putting gentle pressure on the inside of your thighs.</p> <p>Once you complete this movement, relax and return to the initial position.</p>

<b>VIDEO</b>	<b>AUDIO</b>
<b>Main Title</b> Knee to Chest Stretch	<b>Voice Over</b> Knee to Chest Stretch
	For this exercise you will begin lying on your back on

	<p>an exercise mat.</p> <p>Now bring your left leg up, place both hands behind your knee and pull it firmly up and into your chest.</p> <p>You will feel a stretch of your left gluteal muscle and left hip.</p> <p>Relax, and repeat the movement with your right leg.</p> <p>Once you complete this movement, return to the initial position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Knees to Chest Stretch</p>	<p><b>Voice Over</b> Knees to Chest Stretch</p>
	<p>For this exercise you will begin lying on your back on an exercise mat.</p> <p>Now, bring both legs up, placing both hands behind your knees, pulling your legs firmly up and into your chest.</p> <p>You will feel a stretching in your gluteal muscles and upper hamstrings.</p> <p>Once you complete this movement, relax and lower your legs back down to their initial position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Lateral Hip Stretch</p>	<p><b>Voice Over</b> Lateral Hip Stretch</p>
	<p>This exercise begins with you lying on your back on an exercise mat.</p> <p>Cross your right leg up, and over your left knee, bent at about a 90 degree angle, so that your right foot is</p>

	<p>just outside of your left knee.</p> <p>Now use your left hand to drag your right knee downward towards your side, and up and in towards your chest.</p> <p>Try to keep your lower back flat against the mat throughout this movement; you should feel a stretching in your right gluteal muscle and right hip</p> <p>Relax, and repeat the sequence, this time placing your left leg up and over your right knee.</p> <p>Once you complete this movement, return to the initial position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Psoas Stretch</p>	<p><b>Voice Over</b> Psoas Stretch (<i>Pronounced “So-as”</i>)</p>
	<p>In this exercise you will need to lie on your bed or a firm sofa. You may want to support your head with a pillow. Bring yourself as close to the edge of the bed or sofa as is safely possible.</p> <p>Now bring your left leg, bent at the knee, up and into your chest. Reach over and grasp your knee with both hands.</p> <p>While holding your left leg firmly, slowly and carefully drape your other leg over the side of the bed or couch. You will feel a stretch across your lower back, your right hip, and running down the front of your right thigh.</p> <p>Relax, and repeat the sequence on the opposite side.</p> <p>Once you complete this movement, return to the initial position.</p>

VIDEO	AUDIO
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<p><b>Main Title</b> Hip Abduction Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Hip Abduction Strengthening with a Therapy Band</p>
	<p>You will begin lying on your right side on an exercise mat, with a therapy band tied about your feet, just above your toes. Your legs are straight and your feet together.</p> <p>Support your head with your right arm. You may want to use a pillow for additional support. Your left arm is bent at the elbow, with your left hand resting on the mat, to hold you in position.</p> <p>Now separate your legs by lifting your left leg upward, about 45 degrees, feeling the resistance of the band.</p> <p>You should feel the muscles in your left upper thigh and hip contract.</p> <p>Once you complete this movement, return to the initial position.</p>

<b>VIDEO</b>	<b>AUDIO</b>
<p><b>Main Title</b> Hip Adduction Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Hip Adduction Strengthening with a Therapy Band</p>
	<p>To do this exercise you will need a therapy band, a table, or a chair, and a pole.</p> <p>Stand with a therapy band wrapped around your right calf and the other end to the lower part of a table leg, or pole. If you are not using a table leg, you will need a chair behind you for support. Face away from the chair or table.</p> <p>Place your hands behind you on the table or chair, which should be waist high. Now, slowly swing your right leg out away from you—towards where the band is secured, then in one motion bring it back towards you crossing in front of your left leg.</p>

	<p>You will feel the muscles inside of your left thigh contract.</p> <p>Once you complete this movement, return to the initial position.</p> <p>.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Hip External Rotation Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Hip External Rotation Strengthening with a Therapy Band</p>
	<p>To do this exercise you will need a therapy band, a table, or a chair, and a pole, doorknob or bedpost.</p> <p>Stand with a therapy band wrapped around your left thigh and the other end to a table leg, bedpost, or doorknob, at the same height as your thigh. If you are not using a table leg, you will need a chair behind you for support. Face perpendicular to the chair or table, holding it with your right hand for support.</p> <p>Now, slowly raise your left knee up, and then while holding this position, rotate your leg inward then outward, using your hip.</p> <p>As your hip rotates back outward you will feel the muscles outside of your left thigh and hip contract.</p> <p>Once you complete this movement, return to the initial position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Hip Flexion Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Hip Flexion Strengthening with a Therapy Band</p>
	<p>To do this exercise you will need a therapy band and a table or chair.</p> <p>Stand with your back to a waist high table or chair.</p>

	<p>Secure a therapy band to the floor by stepping through the loop of one end with your right foot. The other end of the band is secured about midway up your right thigh.</p> <p>With your hands placed behind you on the table or chair for support, raise your right knee up, at a 90-degree angle with your right thigh parallel to the floor.</p> <p>As you do this, you will feel the muscles in the front of your right thigh contract.</p> <p>Once you complete this movement, return to the initial position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Hip Internal Rotation Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Hip Internal Rotation Strengthening with a Therapy Band</p>
	<p>To do this exercise you will need a therapy band, a table, or a chair, and a pole, doorknob or bedpost.</p> <p>Stand with a therapy band wrapped around your right thigh, and the other end to a table leg, bedpost, or doorknob, at the same height as your thigh. If you are not using a table leg, you will need a chair behind you for support. Face perpendicular to the chair or table, holding it with your right hand for support.</p> <p>Now, slowly raise your right knee up, and then while holding this position, rotate your leg outward then inward, using your hip.</p> <p>As your hip rotates back inward you will feel the muscles inside of your right thigh and hip contract.</p> <p>Once you complete this movement, return to the initial position.</p>

VIDEO	AUDIO
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<b>Main Title</b> Pelvic Tilts	<b>Voice Over</b> Pelvic Tilts
	<p>Begin this exercise lying flat on your back on an exercise mat. You may want a pillow under your head for additional support. Bend both legs up at the knees at about 90 degrees.</p> <p>Keep your arms and feet flat on the mat.</p> <p>Now, slowly curl your pelvis forward, pressing your lower back into the mat.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
<b>Main Title</b> Pelvis Bridge	<b>Voice Over</b> Pelvis Bridge
	<p>Begin this exercise lying flat on your back on an exercise mat.</p> <p>Keep your arms and feet flat on the mat.</p> <p>Now, slowly curl your pelvis forward, and raise it into the air, forming as straight a line as possible from your pelvis to your knees.</p> <p>If you have done this properly, your abs and glutes will contract.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
<b>Main Title</b> Pelvis Bridge with Alternating Leg Extensions	<b>Voice Over</b> Pelvis Bridge with Alternating Leg Extensions
	<p>Begin this exercise lying flat on your back on an exercise mat. You may want a pillow under your head for additional support. Bend both legs up at the knees</p>

	<p>at about 90 degrees.</p> <p>Keep your arms and feet flat on the mat.</p> <p>Now, slowly curl your pelvis forward, and raise it into the air, forming as straight a line as possible from your pelvis to your knees.</p> <p>If you have done this properly, your abs and glutes will contract.</p> <p>Next while keeping your pelvis in this position, extend your right leg into the air, pointing your right foot towards the ceiling.</p> <p>Return the right leg to the mat, and repeat this motion with the left leg and foot.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Side Lying Bridge</p>	<p><b>Voice Over</b> Side Lying Bridge</p>
	<p>Begin this exercise lying on your left side on an exercise mat. Your left arm is supporting your weight held flat on the mat, bent at the elbow, in a 90-degree angle.</p> <p>Further stabilize your position by placing your right palm on the mat, out in front of your body.</p> <p>You should have your head and torso raised, and your knees are bent and drawn in slightly to your body in a fetal-like position.</p> <p>Now, slowly lift your pelvis in the air using your abdominal muscles, keeping your shoulder, hip and knee aligned straightly. Try not to push up on your arms; they are only there for support.</p> <p>If you have done this properly, the muscles of your lower back will contract.</p>

	Once you complete this movement, relax, and return to the initial position.
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VIDEO	AUDIO
<b>Main Title</b> Front Thigh Stretch	<b>Voice Over</b> Front Thigh Stretch
	<p>Begin this exercise lying on your right side on an exercise mat. Use your right arm, stretched out straight in front to you to prevent your body from rolling front or back.</p> <p>You knees are not bent, and your legs are together fully extended.</p> <p>First bend your left knee and grab your left foot and ankle with your left hand. Hold this position, keeping your left thigh perfectly parallel with the right thigh – do not let it slide to the front or rear.</p> <p>Pull your heel into your left buttock, you will feel a stretching sensation down the full front of your left thigh.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
<b>Main Title</b> Front Thigh Strengthening with a Therapy Band	<b>Voice Over</b> Front Thigh Strengthening with a Therapy Band
	<p>To start this exercise you should be seated comfortably, with your right foot slipped into a therapy band, at the ankle. The other end of the band should be secured to a rear leg of the chair or a table leg behind you.</p> <p>Sit upright at the edge of the chair; now straighten your right leg out in front of you feeling the resistance of the band. You will feel the muscles along the top of your thigh contract.</p>

	Relax and return your leg to its original position.
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VIDEO	AUDIO
<b>Main Title</b> Adductor Stretch	<b>Voice Over</b> Adductor Stretch
	<p>Begin this exercise lying flat on your back on an exercise mat.</p> <p>Bend your left foot, bringing it up to the inside of your right knee. Take your left hand and place it on the inside of your left knee. Place your right hand on your right hip for support.</p> <p>Now gently press your left knee out to the left, feeling the adductor muscles of your inner thigh stretch.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

VIDEO	AUDIO
<b>Main Title</b> Hamstring Stretch	<b>Voice Over</b> Hamstring Stretch
	<p>Begin this exercise lying flat on your back on an exercise mat.</p> <p>Bend your right knee in towards your body so it is up at a 90-degree angle, placing both of your hands behind your right knee.</p> <p>Now slowly bend your right knee, extending your leg to a full 90 degrees, straight up - if possible. Use your hands for support. Do not allow your lower back to rise off of the mat.</p> <p>You should feel your right hamstrings and calf muscles stretch.</p> <p>Once you complete this movement, relax, and return to the initial position.</p>

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VIDEO	AUDIO
<p><b>Main Title</b> Hamstring Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Hamstring Strengthening with a Therapy Band</p>
	<p>To start this exercise you should be standing comfortably, behind a chair, arms holding the chair for support. Your left foot is slipped into a therapy band, at the ankle. The other end of the band should be secured to a leg of the chair furthest from you.</p> <p>Now, bend your left knee out behind you, to 90-degrees, feeling the resistance of the band. You will feel the hamstring - or the muscles along the back of your thigh - contract.</p> <p>Relax and return your leg to its original position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Piriformis Stretch</p>	<p><b>Voice Over</b> Piriformis Stretch (<i>“PEER-A-FORM-ESS”</i>)</p>
	<p>Begin this exercise lying flat on your back on an exercise mat. Your knees are up, at 90-degrees.</p> <p>Keep your arms flat on the mat. Cross your left leg over your right. Your left foot should be on your right thigh just above the right knee. Your foot should be turned outward.</p> <p>Now, reach your arms through your crossed legs, and put your hands behind your right knee. Maintaining the position of your legs, pull your right knee and leg towards your chest.</p> <p>If you have done this properly, you will feel the muscles stretch behind your right thigh, and right gluteal muscles.</p> <p>Once you complete this movement, relax, return to the initial position, and repeat the entire exercise on the</p>

	other side.
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VIDEO	AUDIO
<b>Main Title</b> Patellar Tendon Stretch	<b>Voice Over</b> Patellar Tendon Stretch
	<p>Begin this exercise standing near a low table, chair, desk or other firm surface that is about two-feet off of the ground.</p> <p>Bend your left knee and bring your left foot up to rest flat on the edge of the bench or chair, and place both hands on your left thigh, about midway, to support your weight.</p> <p>Now, thrust yourself forward in a lunge by leaning forward on your right ankle. You will feel the muscles along the middle of your left thigh and left knee stretching.</p> <p>Once you complete this movement, relax, return to the initial position, and repeat the entire exercise on the other side.</p>

VIDEO	AUDIO
<b>Main Title</b> Knee Lunge	<b>Voice Over</b> Knee Lunge
	<p>Begin this exercise standing near a low table, chair, desk or other firm surface that is about two-feet off of the ground.</p> <p>Bend your left knee and bring your left foot up to rest flat on the edge of the bench or chair, and place both hands on your left thigh, about midway, to support your weight.</p> <p>Now, thrust yourself forward in a lunge by leaning forward on your right ankle. You will feel the muscles along the middle of your left thigh.</p> <p>Once you complete this movement, relax, return to the initial position, and repeat the entire exercise with your right leg.</p>

VIDEO	AUDIO
<b>Main Title</b> Knee and Calf Stretch	<b>Voice Over</b> Knee and Calf Stretch
	<p>Begin this exercise facing a table that is about waist height, or behind the back of a chair. Have your feet facing in front of you. Place both hands on top of the back of the chair, or grasping the edge of the table, knuckles up.</p> <p>Now, bend your right leg at the knee, while stretching your left leg out straight behind you. You should be bent slightly forward, supporting your weight with your right leg.</p> <p>Next, bend forward at the waist. You will feel the Achilles tendon of your left leg stretch, as well as your left calf, and a stretch on up through the back of your left knee.</p> <p>Once you complete this movement, relax, and return to the initial position. Repeat reversing your legs.</p>

VIDEO	AUDIO
<b>Main Title</b> Plantar Fascia Stretch Using a Towel	<b>Voice Over</b> Plantar Fascia Stretch Using a Towel
	<p>Begin this exercise seated comfortably in an upright position. Place your right foot upon a towel that is on the floor beneath you.</p> <p>Now, try to grasp and lift the towel using only your right toes. Curl your toes into the towel– lift – then relax.</p> <p>As you do this, you will feel a stretching along the bottom of your right foot. Repeat one time, relax, and return to your starting position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Calf Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Calf Strengthening with a Therapy Band</p>
	<p>Begin this exercise seated comfortably in an upright position, on the edge of a chair. Your right leg is tied to a therapy band about the ankle. The other end of the band should be tied around the leg of a table or sofa some distance away from you.</p> <p>While keeping your right leg elevated at about a 45-degree angle – flex your right foot and toes in towards you, bending at the ankle against the resistance of the therapy band.</p> <p>You will feel the muscles in the front of your right leg contracting.</p> <p>Repeat one time, relax, and return to your starting position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> External Foot Rotation with a Therapy Band</p>	<p><b>Voice Over</b> External Foot Rotation with a Therapy Band</p>
	<p>Begin this exercise seated comfortably in an upright position, on the edge of a chair. A short therapy band is looped over both of your feet, and in between them. Your feet are flat on the floor, about 12 inches apart.</p> <p>Now, rotate your right foot outward to the right, pivoting on your ankle, against the resistance of the therapy band.</p> <p>You should feel the muscles along your outer calf and right foot contracting.</p> <p>Relax, and pivot your foot back in to the starting</p>

	position.
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VIDEO	AUDIO
<b>Main Title</b> Front Calf Strengthening with a Therapy Band	<b>Voice Over</b> Front Calf Strengthening with a Therapy Band
	<p>Begin this exercise seated comfortably in an upright position, on the edge of a chair. Your right leg is tied to a therapy band about the ankle. The other end of the band should be tied around the leg of a table or sofa some distance away from you.</p> <p>While keeping your right leg elevated at about a 45-degree angle – flex your right foot and toes in towards you, bending at the ankle, against the resistance of the therapy band.</p> <p>You will feel the muscles in the front of your right leg contracting.</p> <p>Repeat one time, relax, and return to your starting position.</p>

VIDEO	AUDIO
<b>Main Title</b> Internal Foot Rotation with a Therapy Band	<b>Voice Over</b> Internal Foot Rotation with a Therapy Band
	<p>Begin this exercise seated comfortably in an upright position, on the edge of a chair. One end of a therapy band is looped over your right foot, and the other end is attached to the leg of a chair or table somewhat away from you.</p> <p>Your foot is angled outward to your right. Now, rotate your right foot inward to the left, pivoting on your</p>

	<p>ankle, against the resistance of the therapy band.</p> <p>You should feel the muscles along the inside of your right calf and right foot contracting.</p> <p>Relax, and pivot your foot back out to the starting position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Ankle and Foot Ranges of Motion</p>	<p><b>Voice Over</b> Ankle and Foot Ranges of Motion</p>
	<p>Begin this exercise seated comfortably in an upright position, on the edge of a chair. Your right leg is up off the floor, bent at about a 45 degree angle, while your left foot remains flat on the floor.</p> <p>Now, holding your leg in that position, bend your right foot and toes inward and upward towards your body at the ankle.</p> <p>You will feel the muscles along the top of your foot and ankle contract. Relax.</p> <p>Now point your toes down, stretching at the ankle. Relax. Then, without pointing your foot, this time rotate your right foot in to the left.</p> <p>You will feel the muscles contract along the outside of your ankle and foot. Relax.</p> <p>Next, without pointing your foot, this time rotate your right foot out to the right. You will feel the muscles contract along the inside of your ankle and foot.</p> <p>Relax, and return to your starting position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Foot and Ankle Ranges of Motion</p>	<p><b>Voice Over</b> Foot and Ankle Ranges of Motion</p>
	<p>Begin this exercise seated comfortably in an upright position, on the edge of a chair. Your right leg is up off the floor, bent at about a 45-degree angle, while your left foot remains flat on the floor.</p> <p>Now, holding your leg in that position, point your big toe out, and use it to trace the letters of the alphabet in the air.</p> <p>Imagine writing the entire alphabet from A to Z, this will cause you to use all of the your foot and ankle's ranges of motion.</p> <p>Relax, and return to your starting position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Achilles Tendon Stretch</p>	<p><b>Voice Over</b> Achilles Tendon Stretch</p>
	<p>Begin this exercise standing facing a wall. Place both of your palms against the wall. Your feet are facing the wall.</p> <p>Your right leg is bent at the knee. Place your left leg out directly behind you as if you are preparing to thrust, or push against the wall – however, do not push against the wall, merely hold this position supporting your weight on your right leg. Your left foot should be up on the ball of the foot, with your heel off of the ground.</p> <p>Now, press your left heel down to the floor while keeping your left knee straight. You will feel the muscles of your left calf stretch. Hold this position for</p>

	<p>ten seconds.</p> <p>Relax, and return to your starting position, and repeat reversing your leg positions.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Plantar Fascia Stretch Using a Tennis Ball</p>	<p><b>Voice Over</b> Plantar Fascia Stretch Using a Tennis Ball</p>
	<p>Begin this exercise seated comfortably in an upright position, with the arch of your right foot directly upon a tennis ball.</p> <p>Applying gentle pressure to the tennis ball, roll it back and forth using your foot, from heel to toes, and back again from toes to heel.</p> <p>Repeat one more time, relax, and return to your starting position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Chin Retraction</p>	<p><b>Voice Over</b> Chin Retraction</p>
	<p>Begin this exercise seated comfortably in an upright position. Retract your chin by sliding your neck rearward. The movement is as if you were sliding your head back on an imaginary rod.</p> <p>It is important that you complete this movement only using your neck muscles; try not to use the muscles of your shoulders or back.</p> <p>If you have done the movement correctly, you will feel the muscles across the front of your neck stretching.</p> <p>Once you complete this movement, return to the initial</p>

	position.
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VIDEO	AUDIO
<p><b>Main Title</b> Head and Neck Stretch - Upper Trapezius</p>	<p><b>Voice Over</b> Head and Neck Stretch - Upper Trapezius</p>
	<p>Begin this exercise sitting upright cross-legged upon the floor.</p> <p>Now, grasp your right wrist with your left hand behind your back, and slowly pull it to the left while tilting your head to your left hand side.</p> <p>If done correctly you will feel a slight stretch across the front of your shoulder on the right side.</p> <p>Once you complete this movement, return to the initial position.</p> <p>Next, repeat - this time bringing your left arm behind the back and dragging it with the right, as you tilt your head rightward.</p> <p>This time you should feel the stretch across the front of your left shoulder.</p> <p>Relax, and return to the first position.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Head and Neck Stretch - Upper Trapezius and Levator Scapulae</p>	<p><b>Voice Over</b> Head and Neck Stretch - Upper Trapezius and Levator Scapulae (Lee-vator Scap-you-lay)</p>
	<p>Begin this exercise by sitting comfortably upright in a chair. Make sure your head is held straight forward. Raise your left arm up, putting your palm on the top of your head, your fingers pointing down towards your right ear.</p> <p>Now gently bend your head and neck down toward your left shoulder using your left arm, You will feel the muscles on the right side of your neck stretching.</p>

	<p>Relax and bring your head back up to its starting position.</p> <p>Now pivot your head slightly, about 45-degrees to your left. Once again use your left arm to slowly pull your head downward to your left side, without turning your head or neck. You will feel the muscles along the right side of the back of your neck stretching. When you complete this movement, return to the starting position.</p> <p>Now, we are going to reverse the entire sequence of movements, this time using your right arm. Start by once again gently pulling your head and neck down towards your right shoulder. This time you will feel the sensation of stretching on the left side of your neck. Once again return to the starting position.</p> <p>Now pivot your head 45-degrees this time to the right, and gently use your right arm to pull toward the right shoulder, again without moving your head and neck. You should feel a slight stretch on the back of the left side of your neck.</p> <p>Relax and return to the original position, completing this exercise.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Neck Ranges of Motion</p>	<p><b>Voice Over</b> Neck Ranges of Motion</p>
	<p>Begin this exercise by sitting comfortably upright in a chair. Now bend your neck downward toward your chest. The muscles along the back of your neck should stretch.</p> <p>Relax and pick your head back up into your initial position.</p> <p>This time gently tilt your head and neck backward. You should feel the muscles at the front of your neck</p>

	<p>stretch. Relax and pick your head back up into your initial position.</p> <p>Next turn to the right, trying to stretch far enough to look over your right shoulder. You will feel the stretch on the left side of your neck. Relax and pick your head back up into your initial position.</p> <p>Then repeat to the left. This time you will feel the muscles at the right side of your neck stretching. Relax and pick your head back up into your initial position.</p> <p>Now, tilt your head down to the right, without turning your neck. The muscles on the left side of your neck will stretch. Relax and pick your head back up into your initial position.</p> <p>Next repeat tilting your head down to your left shoulder. You will feel the muscles in the right side of your neck stretch.</p> <p>Relax and return to the original position, completing this exercise.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Neck Backward Tilt Isometric Exercise – Extension</p>	<p><b>Voice Over</b> Neck Backward Tilt Isometric Exercise – Extension</p>
	<p>Begin this exercise by sitting comfortably upright in a chair. Your head is upright, eyes forward. Take either your right or left arm and grasp the back of your head where the base of your skull meets your neck.</p> <p>Keep your head upright, eyes looking straight forward. While applying resistance with the strength of your arm, gently try to move your head and neck backward as if you were trying to bend your head downwards between your shoulder blades. Be sure to press against the resistance of your hand by only using your neck muscles – do not move your entire body.</p>

	<p>You are pitting muscle against muscle in what is known as an isometric exercise. Hold this position for about a count of 6. Then relax and return to the starting position.</p> <p>Now tilt your head back about half as far as it will go. With your head still in the tilted position, again place your hand behind your head and apply resistance. Once again push your head against the resistance using only your neck muscles for 6 seconds.</p> <p>Relax, and then repeat - this time with your head starting tilted backward as far as it will go. Hold in this position for another 6 seconds.</p> <p>Relax and return to the original position, completing this exercise.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Neck Backward Tilt Isometric Exercise – Flexion</p>	<p><b>Voice Over</b> Neck Backward Tilt Isometric Exercise – Flexion</p>
	<p>Begin this exercise by sitting comfortably upright in a chair. Your head is upright, eyes forward. Take either your right or left arm and place your palm on your forehead.</p> <p>Keep your head upright, eyes looking straight ahead. While applying resistance with the strength of your arm, gently try to move your head and neck forward as if you were trying to bend your head downwards to your chest. Be sure to press against the resistance of your hand by only using your neck muscles – do not move your entire body.</p> <p>You are pitting muscle against muscle in what is known as an isometric exercise. Hold this position for about a count of 6. Then relax and return to the starting position.</p> <p>Now tilt your head down to about half as far as it will</p>

	<p>go. With your head still in the tilted position, again place your hand on your forehead and apply resistance. Once again push your head against the resistance using only your neck muscles for 6 seconds.</p> <p>Relax, and then repeat - this time with your head starting tilted down as far as it will go. Hold in this position for another 6 seconds,</p> <p>Relax and return to the original position, completing this exercise.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Neck Rotation Isometric Exercise</p>	<p><b>Voice Over</b> Neck Rotation Isometric Exercise</p>
	<p>Begin this exercise by sitting comfortably upright in a chair. Your head is upright, eyes forward. Take your right hand and place it on the right side of your face.</p> <p>Keep your head upright, eyes looking straight ahead. While applying resistance with the strength of your hand, gently try to move your head to the right as if you were trying to turn your head, to look over your right shoulder. Be sure to press against the resistance of your hand by only using your neck muscles – do not move your entire body.</p> <p>You are pitting muscle against muscle in what is known as an isometric exercise. Hold this position for about a count of 6. Then relax and return to the starting position.</p> <p>Now pivot your head to your right side about half as far as it can be turned. With your head still on this angle, once again place your hand on your right cheek, and apply resistance. Once again try to push your head against the resistance using only your neck muscles for 6 seconds.</p> <p>Relax, and then repeat - this time with your head</p>

	<p>starting rotated as far to the right as it will go. Hold in this position for another 6 seconds.</p> <p>Relax and return to the original position, completing this exercise – or if you wish, you may repeat all three phases to the left side.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Neck Side Bending Isometric Exercise</p>	<p><b>Voice Over</b> Neck Side Bending Isometric Exercise</p>
	<p>Begin this exercise by sitting comfortably upright in a chair. Your head is upright, eyes forward. Take your right hand and place it on the right side of your face.</p> <p>Keep your head upright, eyes looking straight ahead. While applying resistance with the strength of your hand, gently try to tilt your head down to the right as if you were trying to rest your ear to your right shoulder. Be sure to press against the resistance of your hand by only using your neck muscles – do not move your entire body.</p> <p>You are pitting muscle against muscle in what is known as an isometric exercise. Hold this position for about a count of 6. Then relax and return to the starting position.</p> <p>Now tilt your head down to your right shoulder about half as far as it can go. With your head still on this angle, once again place your hand on your right cheek, and apply resistance. Once again try to push your head against the resistance using only your neck muscles for 6 seconds.</p> <p>Relax, and then repeat - this time with your head starting tilted down as far to the right as it will go. Hold in this position for another 6 seconds.</p> <p>Relax and return to the original position, completing this exercise – or if you wish, you may repeat all three</p>

	phases to the left side.
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VIDEO	AUDIO
<p><b>Main Title</b> Active Assisted Shoulder Range Of Motion Using A Dowel</p>	<p><b>Voice Over</b> Active Assisted Shoulder Range Of Motion Using A Dowel</p>
	<p>Begin this exercise by sitting comfortably upright in a chair. You will need a dowel stick or light exercise bar for this exercise.</p> <p>Grasp the dowel with your left hand, and place the other end against your right palm. Now slide you arms up and out to the right, so that your right arm elevates about 90 degrees. This movement causes muscle abduction.</p> <p>Return to your first position. Now, rotate the dowel behind you, lowering your left hand. Your right arm will come up and forward, as if stroking the oar of a canoe. This movement causes muscle flexion. Return to the first position</p> <p>Now keep your hands in the same positions, rotate your left arm forward and up, this will bring your right arm backward and up. This movement causes muscle extension. Return to position one.</p> <p>Now with your right elbow in close to your body, slide the dowel to the right. This causes external rotation.</p> <p>Now remove your right palm from the end of the dowel, and with the dowel firmly grasped in both hands out in front of you – slide it to the left. This causes internal rotation.</p> <p>Relax and return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<b>Main Title</b> Front Shoulder Stretch	<b>Voice Over</b> Front Shoulder Stretch
	<p>Begin this exercise by sitting upright cross-legged upon the floor.</p> <p>Now, grasp your right wrist with your left hand behind your back, and slowly pull it to the left while tilting your head to your left hand side.</p> <p>If done correctly you will feel a slight stretch across the front of your shoulder on the right side.</p> <p>Once you complete this movement, return to the initial position.</p> <p>Next, repeat - this time bringing your left arm behind the back and dragging it with the right, as you tilt your head rightward.</p> <p>This time you should feel the stretch across the front of your left shoulder.</p> <p>Relax and return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<b>Main Title</b> Outside Shoulder Stretch	<b>Voice Over</b> Outside Shoulder Stretch
	<p>Begin this exercise by sitting upright comfortably on a chair.</p> <p>Place your right arm out in front of your body, elbow bent at 90 degrees. Your arm is parallel to the floor. Now, grasp your right elbow with your left hand and gently pull your right arm to the left.</p> <p>You should feel the muscles along the outside of your right shoulder stretching.</p>

	Relax, return to the original position, then repeat on the other side completing this exercise.
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VIDEO	AUDIO
<b>Main Title</b> Passive Shoulder Range of Motion	<b>Voice Over</b> Passive Shoulder Range of Motion
	<p>Begin this exercise standing on your left leg, with right knee and calf up on a low table or firm sofa. Support your weight with your right arm, which should be just in front of your right knee.</p> <p>Your body and your left knee should be bent somewhat forward, your left arm dangling down from your left shoulder.</p> <p>Now move your body forward and back in a rocking motion, using your torso only - so that your left arm rotates in a counter clockwise circle. You are not using your shoulders or any arm movements to rotate your arm. The circular motion should be caused by the rotating of your torso only.</p> <p>Relax, return to the original position.</p>

VIDEO	AUDIO
<b>Main Title</b> Passive Shoulder Range of Motion with a Hand Weight	<b>Voice Over</b> Passive Shoulder Range of Motion with a Hand Weight
	<p>Begin this exercise standing on your left leg, with right knee and calf up on a low table or firm sofa. Support your weight with your right arm, which should be just in front of your right knee.</p>

	<p>Your body and your left knee should be bent somewhat forward, your left arm dangling down from your left shoulder, grasping a small hand weight in your hand.</p> <p>Now move your body front to back using a gentle rocking motion of your torso only - so that your left arm rotates in a counter clockwise circle. You are not using your shoulders or any arm movements to rotate your arm. The circular motion should be caused by the rotating of your torso only. Relax.</p> <p>Then reverse your rocking motion, from back to front, so that now your weighted arm moves in a clockwise circle.</p> <p>Relax, return to the original position.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Rear Shoulder Stretch</p>	<p><b>Voice Over</b> Rear Shoulder Stretch</p>
	<p>Begin this exercise by sitting upright comfortably on a chair.</p> <p>Place your right arm out in front of your body, elbow bent at 90 degrees. Your arm is parallel to the floor. Now, grasp your right elbow with your left hand and gently pull your right arm back and to the left.</p> <p>You should feel the muscles along the outside of your right shoulder stretching.</p> <p>Relax, return to the original position, and then repeat on the other side completing this exercise.</p>

VIDEO	AUDIO
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<p><b>Main Title</b> Shoulder Abduction Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Shoulder Abduction Strengthening with a Therapy Band</p>
	<p>Begin this exercise by standing upright. The loop of a therapy band is around your right foot; the handle of the band is grasped in your right hand. Now, lift your right arm out to your side at a 90-degree angle –feeling the resistance of the band.</p> <p>The muscles across the top of your right shoulder will contract.</p> <p>Relax, return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Shoulder Extension Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Shoulder Extension Strengthening with a Therapy Band</p>
	<p>Begin this exercise by standing upright. The loop of a therapy band is around your right foot; the handle of the band is grasped in your right hand. Now, stretch your right arm out back behind you –feeling the resistance of the band.</p> <p>The muscles across your upper right arm and your right shoulder will contract.</p> <p>Relax, return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Shoulder Extension Strengthening with a Therapy Band – Triceps</p>	<p><b>Voice Over</b> Shoulder Extension Strengthening with a Therapy Band – Triceps</p>
	<p>Begin this exercise standing on your right leg, with left knee and calf up on a low table or firm sofa. Support your weight with your left arm and hand. The loop of a therapy band is around your right foot, held firmly against the floor, the other end of the band is in your right hand.</p> <p>Keep your back straight and body parallel to the floor by flexing your abdominal muscles. Keep your neck straight in line with your back, and press your right elbow in slightly against your right side.</p> <p>The muscles across your upper right arm and your right shoulder will contract.</p> <p>Relax, return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Shoulder Flexion Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Shoulder Flexion Strengthening with a Therapy Band</p>
	<p>Begin this exercise standing with a therapy band looped about your right foot; the other end of the band is in your right hand, held just below your waist. Hold the handle with your thumb on top,</p> <p>Now raise your right arm up and forward at a 90-Degree angle, feeling the resistance of the band. This movement causes muscles to flex.</p> <p>You will feel the muscles along your right upper arm and shoulder contract.</p>

	Relax, return to the original position, completing this exercise.
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VIDEO	AUDIO
<b>Main Title</b> Shoulder Internal Rotation Strengthening with a Therapy Band – Subscapularis	<b>Voice Over</b> Shoulder Internal Rotation Strengthening with a Therapy Band – Subscapularis
	<p>To begin this exercise you need to be seated, holding on to a therapy band in your right hand, the other end of the band is wrapped around a bedpost or doorknob, off to the right side of you. Your elbow is bent at 90 degrees, and you should be holding the handle of the band with your thumb on the top.</p> <p>Place a small towel under your arm, held against your right side by your right arm. Now pull your right arm in and towards your chest, against the resistance of the band. This causes internal rotation.</p> <p>You will feel the muscles across the top of your right shoulder contracting.</p> <p>Relax, return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<b>Main Title</b> Shoulder Strengthening in External Rotation with a Therapy Band – Infraspinatus	<b>Voice Over</b> Shoulder Strengthening in External Rotation with a Therapy Band – Infraspinatus
	<p>To begin this exercise you need to be seated, holding on to a therapy band in your right hand, the other end of the band is wrapped around a bedpost or doorknob,</p>

	<p>off to the left hand side of you. Your elbow is bent at 90 degrees, and you should be holding the handle of the band with your thumb on the top.</p> <p>Place a small towel under your arm, held against your right side by your right arm. Now pull your right arm out away from your body to the right against the resistance of the band. This causes external rotation.</p> <p>You will feel the muscles across the top of your right shoulder contracting.</p> <p>Relax, return to the original position, completing this exercise.</p>
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VIDEO	AUDIO
<p><b>Main Title</b> Shoulder Strengthening in External Rotation with a Therapy Band - Teres Minor</p>	<p><b>Voice Over</b> Shoulder Strengthening in External Rotation with a Therapy Band - Teres Minor</p>
	<p>To begin this exercise you need to be seated, holding on to a therapy band in your right hand, the other end of the band is wrapped around a bedpost or doorknob, off to the left hand side of you. Your elbow is bent at 90 degrees, and you should be holding the handle of the band with your thumb on the top.</p> <p>Place a small towel under your arm, held against your right side by your right arm. Now pull your right arm out away from your body to the right against the resistance of the band. This type of movement results in external rotation.</p> <p>You will feel the muscles across the top of your right shoulder contracting.</p> <p>Relax, return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Shoulder Strengthening with a Therapy Band – Supraspinatus</p>	<p><b>Voice Over</b> Shoulder Strengthening with a Therapy Band – Supraspinatus</p>
	<p>Begin this exercise standing with a therapy band looped about your right foot; the other end of the band is in your right hand, held at your side. Hold the handle with your thumb pointing down.</p> <p>Now without bending your elbow, raise your arm up and out to about a two-o-clock position. The muscles behind your shoulder and on the side of your shoulder will contract.</p> <p>You will feel the muscles along your right upper arm and shoulder contract.</p> <p>Relax, return to the original position, completing this exercise.</p>

VIDEO	AUDIO
<p><b>Main Title</b> Trapezius Strengthening with a Therapy Band</p>	<p><b>Voice Over</b> Trapezius Strengthening with a Therapy Band</p>
	<p>Begin this exercise standing with both feet upon a therapy band. Grasp the handles of the band, one in each hand with your arms at your sides. Your feet should be apart about 12 inches wide.</p> <p>Now against the resistance of the therapy band, shrug both of your shoulders upward, followed by rolling them backward.</p> <p>You should feel the muscles of your upper back contract.</p> <p>Relax, return to the original position, completing this</p>

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