



Shoulder Extensors/ Lower Trap Strengthening



Core Strengthening+ Spinal Twist



Opposite Arm/Leg Lift- Back Strengthening



Standing Spinal Twist
Front Of Hip Stretch/ Hamstring Stretch
Calf Stretch and Standing Figure Four Stretch



Nerve Glides- Palm Up, Wrist Bent, Shoulder Down
Nerve Glide- Fist, Wrist Bent, Shoulder Down



Forearm Plank- Back and Core Strengthening