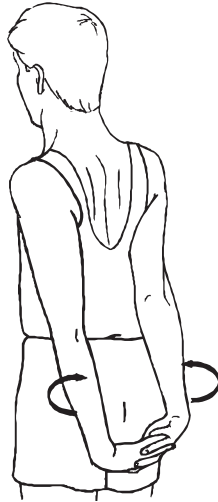


SHOULDERS - 5 Deltoids

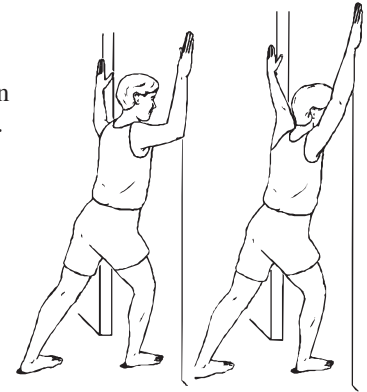
With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 15 seconds.



Repeat 3 times.
Do 2 sessions per day.

CHEST - 6 Pectorals

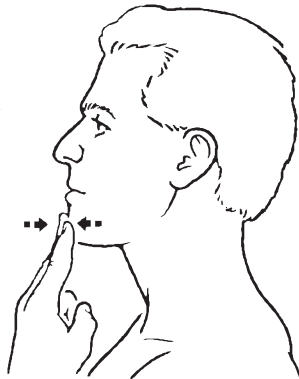
With arms forming a T, lean forward until stretch is felt. Hold 15 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 3 times.
Do 2 sessions per day.

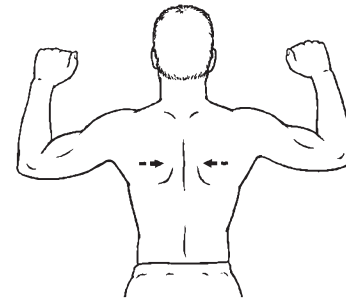
TMJ - 6 Protrusion: Isometric

Place two fingers on chin. Resist forward movement of chin. Hold 15 seconds. Relax.



Repeat 5 times per set.
Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 104 Scapular Retraction: Abduction (Standing)



With arms elevated and elbows bent to 90°, pinch shoulder blades together and press arms back.

Repeat 10 times per set. Do 1 sets per session.
Do 2 sessions per day.