



# Baystate Rehabilitation Care at 360 Birnie Ave.

Personal Exercise Program  
NO PAIN WITH ANY OF THE  
EXERCISES OR STRETCHES

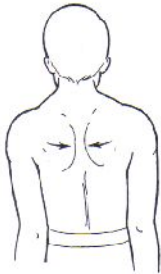
Date : 1/11/2010



1. Lie on your back, place a small rolled up towel under your head at the level of your ears
2. Tuck your chin in, flattening neck against floor
3. Hold 10 seconds
4. 2 x 5 repetitions, 2 times per day



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1. Lay flat with arms at sides
2. Pinch shoulder blades together as shown
3. Hold 5 seconds
4. 2 x 5 repetitions, 2 times per day

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1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttock muscles and flatten back as shown
3. Hold 5 seconds
4. 2 x 5 repetitions, 2 times per day



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