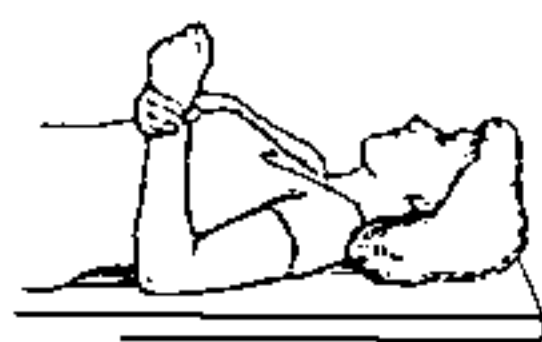
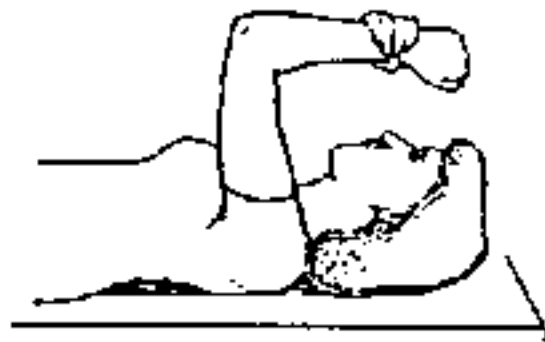


# Supine Stretching Exercise



A.



B.



C.



D.

Figure 2

Raise your arm 5 times.

Hold your arm up in position D for a count of 5

Repeat 5 times a day.