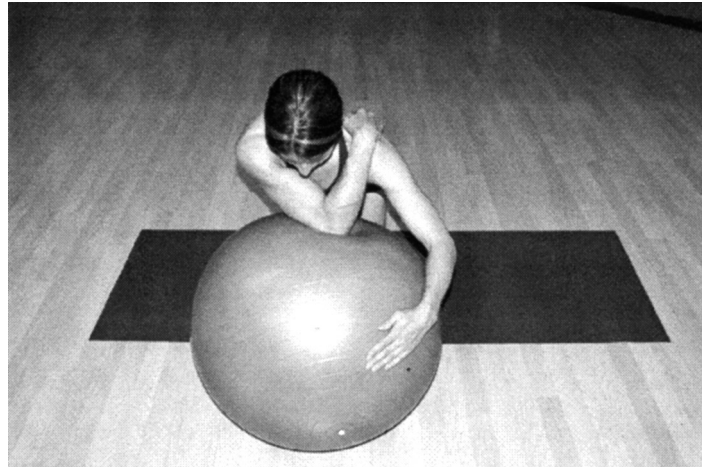


Interscapular Muscles

Kneel on floor in front of Swiss ball with elbow resting on ball. Bring your arm across your body by rolling the ball toward opposite arm pulling your shoulder blade away from your spine as far as possible and hold for at least 30 seconds. Repeat for opposite arm.



Swiss Ball Back Extension (Chest, Shoul., Abs, Ant. Spinal Ligaments)

Lie on a Swiss ball and bring arms up with 90-degree angles at shoulder and elbow. Lean head back and extend spine as far as possible while keeping feet planted on floor. Hold extended position for at least 30 seconds. If dizziness occurs stop and inform your doctor.

