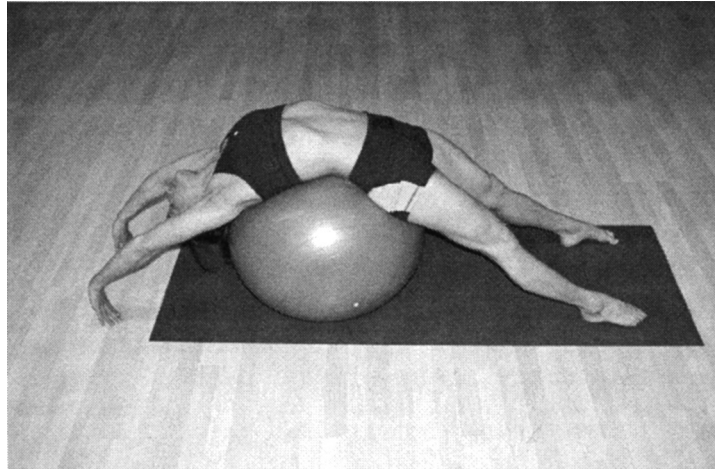


### **Swiss Ball Back Extension II**

Lie on a Swiss ball with arms extended over your head and legs extended out with feet flat on floor as shown. Extend head and spine as much as possible and hold for at least 30 seconds. In case of dizziness stop and inform your doctor.



### **Back Scratch Stretch (Chest, Ant. Shoulders, Triceps, Interscap. Muscles)**

Standing with proper posture bring arms behind back and grip a towel as shown. Pull up with superior arm as far as possible and hold for at least 30 seconds then pull down with inferior arm as far as possible and hold for at least 30 seconds. Switch arms and repeat.

