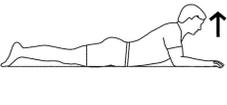
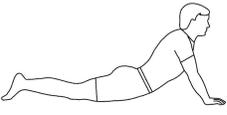


Comment:

Start with the first exercise. Only bend as far back as you can while keeping your back relaxed. As your range of motion improves, you can move from your elbows to the push up position. Your symptoms should centralize while doing the exercises. See additional info.

<p>Prone press up elbows</p>  <ul style="list-style-type: none">• Lie face down.• Push up onto elbows.• Hold position and repeat. <p>Perform 1 set of 5 Repetitions, three times a day.</p> <p>Hold exercise for 20 Seconds.</p>	<p>Prone press up</p>  <ul style="list-style-type: none">• Lie face down, elbows bent, hands beside face.• Push up on hands, straighten elbows, keeping hips on floor.• Return to start position and repeat. <p>Perform 1 set of 5 Repetitions, three times a day.</p> <p>Hold exercise for 20 Seconds.</p>
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