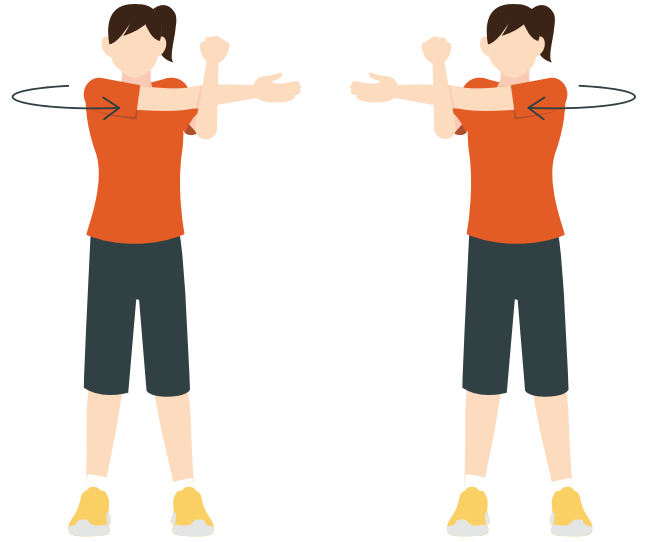
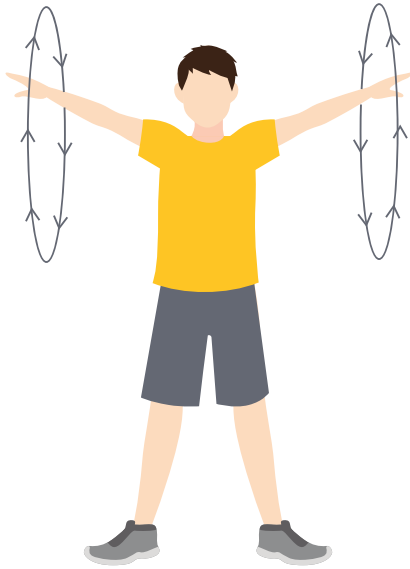


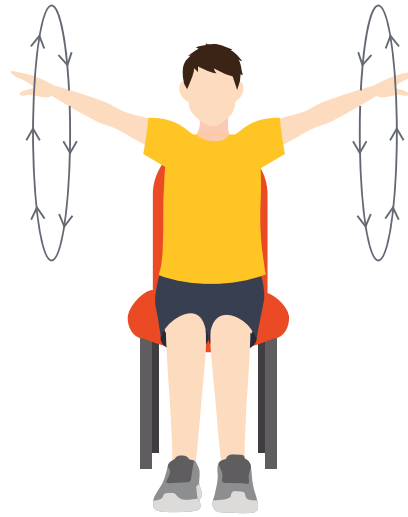
Head Rotation



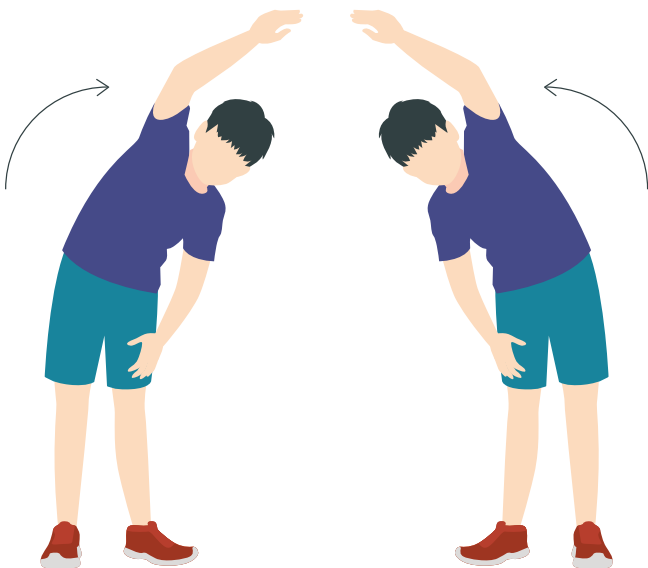
Arm Stretch
(Left and right)



Arm Rotation
(Standing)



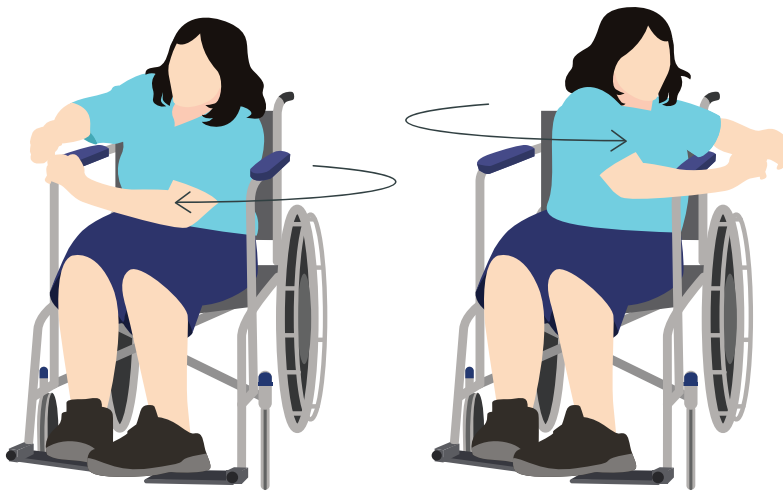
Arm Rotation
(Seated)



Sideways Stretch
(Left and right)



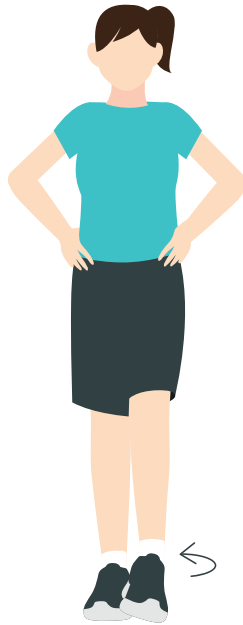
Sideways Stretch on a Wheelchair
(Left and right)



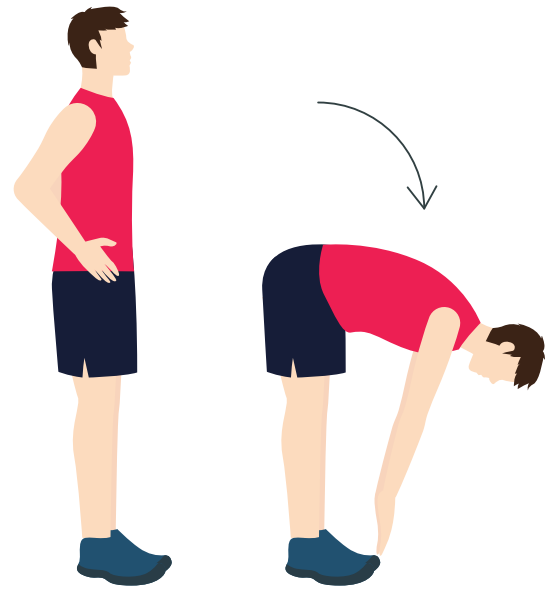
Side Twist on a Wheelchair
(Left and right)



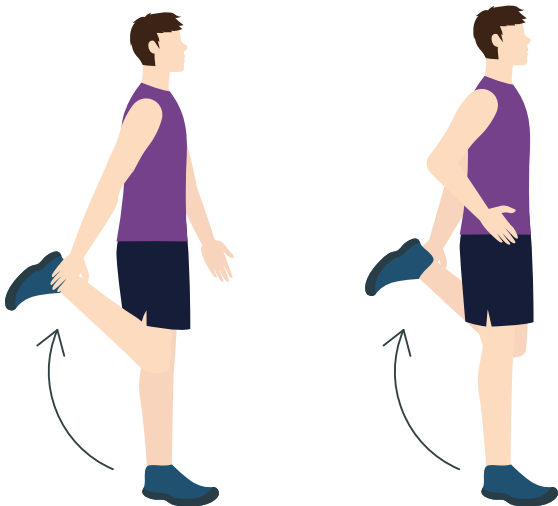
Hip Rotation



Ankle Rotation



Forward Bend



Quadriceps Stretch



Bridge