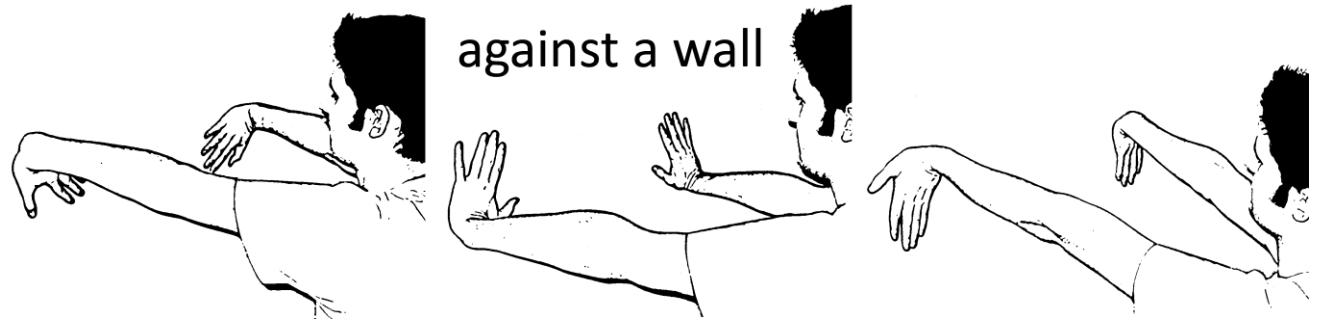
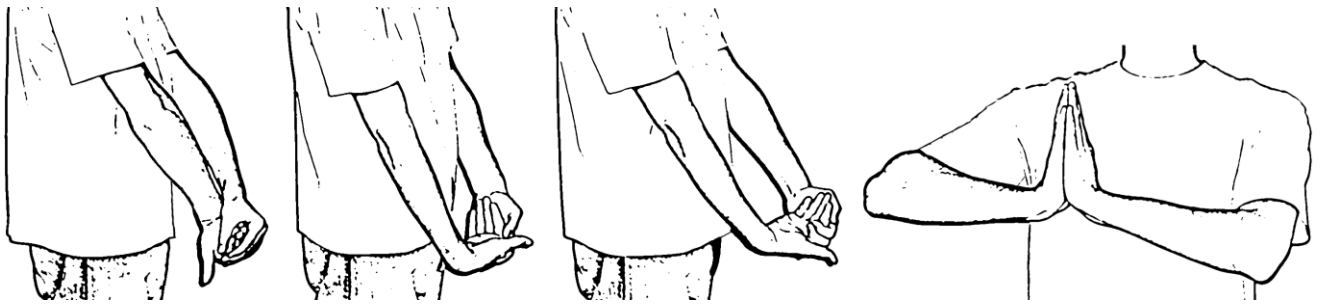
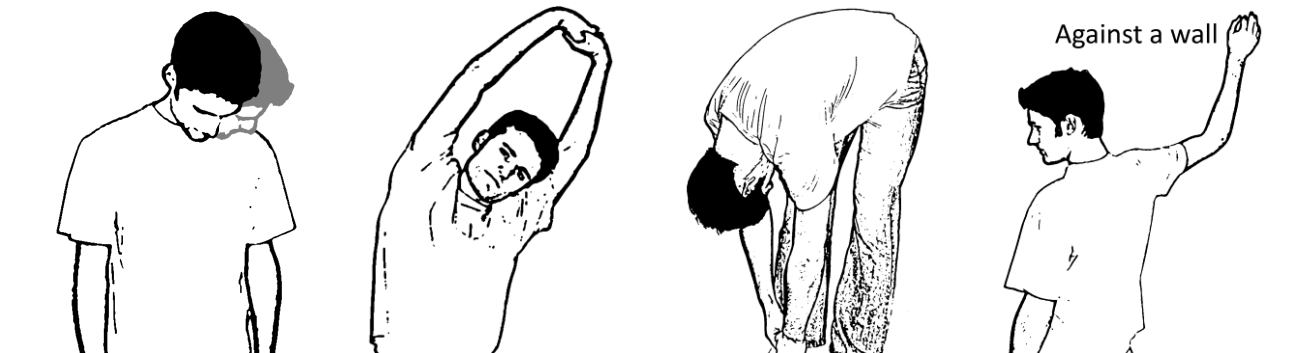
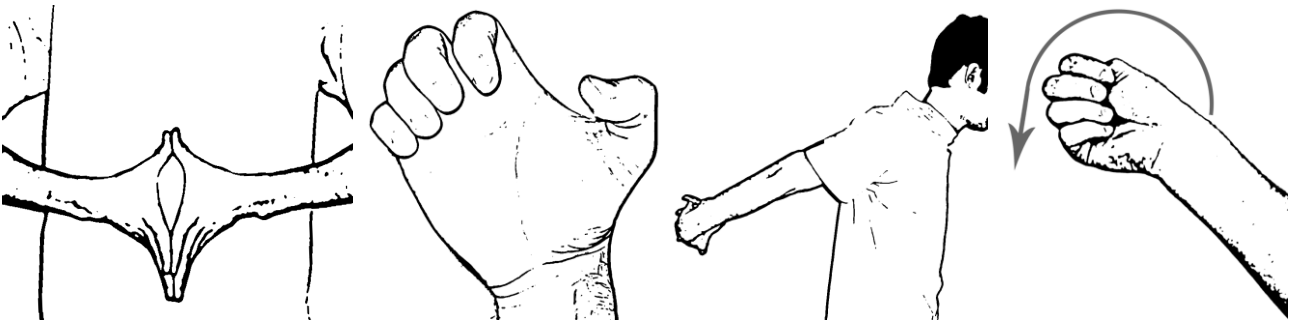


Additional information can be found on <http://www.rsipain.com/stretching-exercises.php>

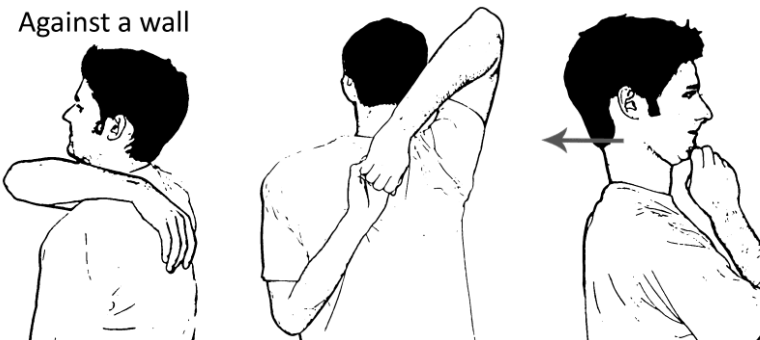


against a wall



Against a wall

Against a wall



Lying on the floor

