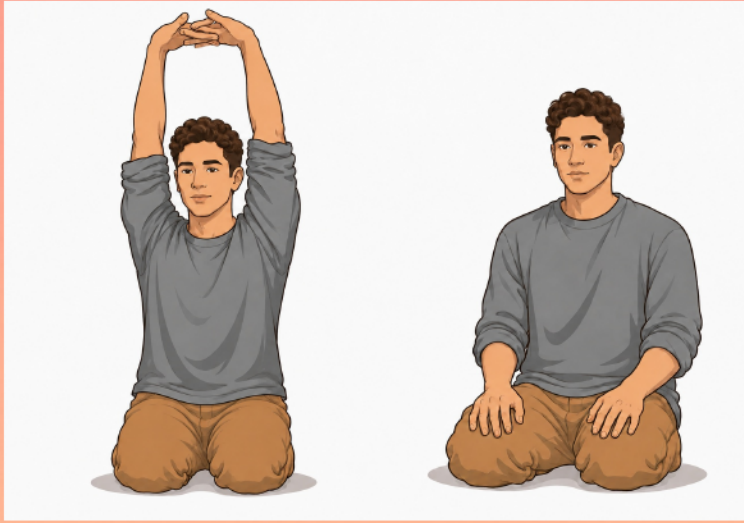


MOVEMENT



Slow Arm Stretch

Raise your arms slowly within a comfortable range, then lower them with control.



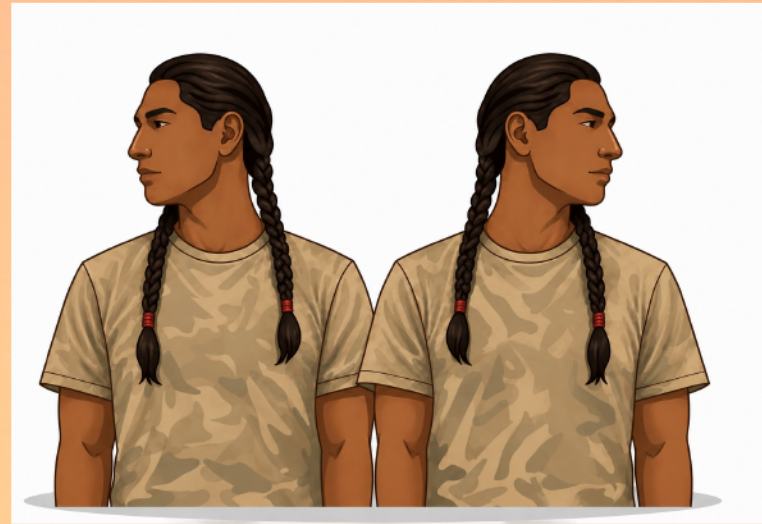
Wall Push

Place your hands against a wall or solid surface and apply steady pressure for several seconds.



Knees to Chest (Seated or Lying)

Bring your knees toward your chest in a supported position, holding briefly before releasing.



Slow Neck Movement

Turn your head gently from side to side, pausing briefly between movements.