

IMPORTANT NOTICE: These exercises **should not be performed without professional guidance**. Each exercise is for a specific musculoskeletal problem. While one exercise might help your particular condition, another one might hurt it; this is why it's important to see a Doctor Of Physical Therapy First!

FYZICAL Therapy & Balance Center in North Cape May - Best Physical Therapy and Rehabilitation Center in Cape May County, NJ

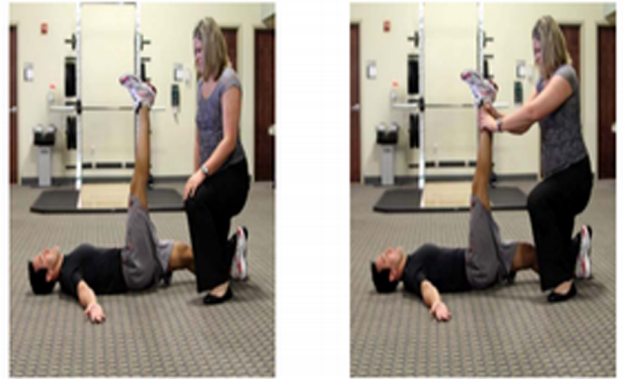
Angel Wings



1. Stand with feet 4-6 inches from wall. Lean back against wall and tilt pelvis so back is flat against wall.
2. With arms out to sides elbows bent, place elbows and pinkies against wall.
3. Gently tuck chin and hold throughout exercise.
4. Lower and raise elbows in a small arc of motion keeping elbows and pinkies in contact with wall at all times.

___ Repetitions ___ Sets ___ Times /Day

Active Hamstring Stretch with Partner



1. Lie on back with palms facing up.
2. Perform a straight leg raise as high as possible while keeping knee straight.
3. Partner will place hands on thigh above knee and behind ankle, place a leg across partner's leg on ground to stabilize.
4. Once at highest leg raise, partner will provide additional stretch pushing leg toward head.
5. Should feel stretch in back of thigh.

___ Repetitions ___ Sets ___ Times /Day