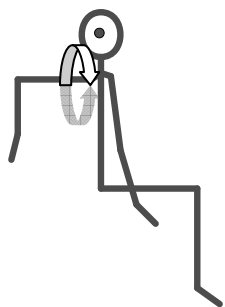
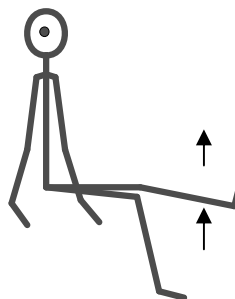


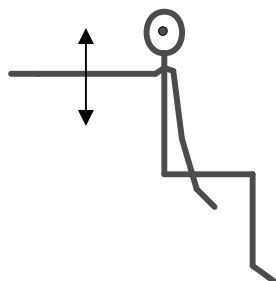
EVENING EXERCISES



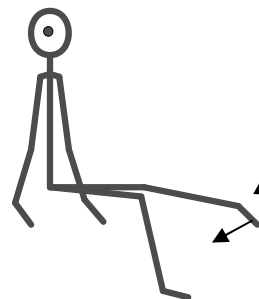
Name: Shoulder Roll
No: roll 3 times
 Roll shoulder joint holding onto elbow and wrist. Repeat clock wise and anti clock wise and on other arm.



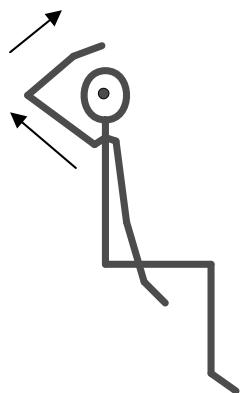
Name: Hamstring
No: 3 times
 Raise straight leg holding onto knee and ankle. Repeat on other leg.



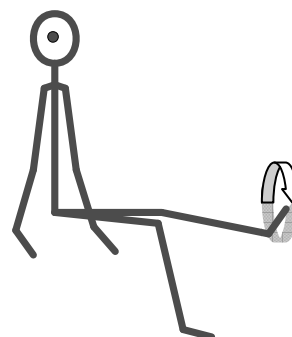
Name: Straight Arm Lift
No: 3 times
 Raise straight arm holding onto elbow and wrist. Repeat on other arm.



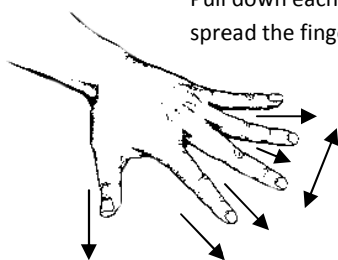
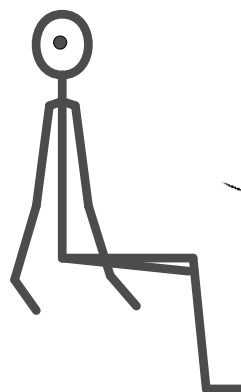
Name: calf stretch
No: 3 times
 Lifting foot and holding ankle pressure forward and then down.



Name: Tricep Stretch
No: 3 times
 Raise arm in front of body holding onto elbow and wrist. Bend at elbow and put hand behind head.



Name: ankle rotation
No: 3 times x3
 Lifting foot and holding ankle rotate clockwise and anti clockwise.



Name: Hand Stretch
 Pull down each finger and then spread the fingers out wide.