

### **Functional strengthening-stretching exercise- standing position 114632**

- Perform a standing position, place the rubber band under your feet and hold it with your hands in neutral position.
- Adjust the length of the rubber band with your grips so it becomes very tight.
- Bend slightly your knees.
- Adopt a pelvis tilt position in order to eliminate the lumbar extension and hold it.
- While maintaining this position bring the scapulas together (in adduction).
- Tuck the chin and finally lift the head while maintain the chin tuck, pelvis tilt and shoulder mentioned position.
- Relax your shoulder while the rubber band stretches your upper back.
- Keep up doing this for 12s.
- Relax your grips.
- Repeat.

### **Functional strengthening-stretching exercise 114821**

- Perform a standing position and place the rubber band under your feet and hold it with your hands in neutral position.
- Adjust the length of the rubber band with your grips so it will be very tight.
- Bend slightly your knees.
- Adopt a pelvis tilt position in order to eliminate the lumbar extension and hold it.
- While maintaining this position bring the scapulas together (in adduction).
- Tuck the chin and finally lift the head while maintaining the chin tuck, pelvis tilt and shoulders back.
- Relax your shoulders while the rubber band stretches your upper back.
- Bend your head laterally to increase the stretch.
- Hold it for 12s.
- Repeat with other side head bending.
- Hold it for 12s.
- Relax your grips.
- Repeat.

### **Functional strengthening-stretching exercise 115120**

- Perform a standing position and place the rubber band under your feet and hold it with your hands in neutral position.
- Adjust the length of the rubber band with your grips so it will be very tight.
- Adopt a pelvis tilt position in order to eliminate the lumbar extension and hold it.
- Bend slightly your knees.
- While maintaining this position bring the scapulas together (in adduction).
- Tuck the chin and finally lift the head while maintaining the chin tuck, pelvis tilt and shoulders back.
- Bend laterally your torso as far as you can.
- Feel the stretch on the opposite of the bended side.
- Return slowly to initial position.
- Repeat to the other side.

### **Functional strengthening-stretching exercise 115547**

- Perform a standing position , place the rubber band under your feet and hold it with your hands in neutral position.
- Adjust the length of the rubber band with your grips so it will be very tight.
- Bend slightly your knees.
- Adopt a pelvis tilt position in order to eliminate the lumbar extension and hold it.
- While maintaining this position bring the scapulas together (in adduction).
- Tuck the chin and finally lift the head while maintain the chin tuck, pelvis tilt and shoulders back.
- Rotate your shoulders backwards slowly, trying to do a circle path.
- Stop when your shoulders are in front of your body line.
- Keep this position and feel the stretching for 12s.
- Slowly rotate backwards and stop when your shoulders are in back of your body line.
- Keep this position and feel the stretching for 12s.
- Return slowly to initial position and repeat.

### **Functional strengthening-stretching exercise for triceps and back 120645**

- Perform a standing position and make a step backwards.
- Place the rubber band under your back foot and hold it with your hands while you placed them over your shoulders and hold it.
- Adjust the length of the rubber band with your grips so it will be tight.
- Bend slightly your knees.
- Perform pelvis tilt position in order to eliminate the lumbar extension and hold it.
- While maintaining this position bring the scapulas together (in adduction).
- Tuck the chin and finally lift the head while maintaining the chin tuck and pelvis tilt with the head in slightly flexed position.
- Feel the stretch in your chest, back and shoulders.
- Hold this position for 12s.
- Relax and return slowly to initial position and repeat.