**AROM shld push-ups**
- Begin lying on floor, as shown.
- Push up, extending to straight elbows.
- Maintain a straight back.
- Repeat.

Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

**Resist shld horiz add bil supine w/ wt**
- Lie on back, arms out to sides, elbows straight.
- Hold weights in hands.
- Lift arms to middle, keeping elbows straight.
- Return to start position and repeat.

Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

**AROM shld retract bil stand arms at side**
- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

**AROM lumbar ext prone high level**
- Lie face down with arms outstretched over head as shown.
- Arch upward, raising arms and legs off floor.
- Return to start and repeat.

Special Instructions:
Progress by holding 2–3 seconds.
Perform 1 set of 15 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

**AROM shld retract bil stand hands at neck**
- Stand or sit, with hands clasped behind head.
- Squeeze shoulder blades together.
- Relax and repeat.

Perform 1 set of 2 repetitions, twice a day.
Perform 1 repetition every 4 seconds.

**Stretch Iliocostalis stand**
- Stand against the wall.
- Cross arms overhead.
- Bend trunk to side, keeping shoulders and arms against wall.
- Keep both feet on floor.
- Return to start position and bend to opposite.
- Relax and repeat.

Perform 1 set of 2 repetitions, twice a day.
Hold exercise for 20 seconds.