

Custom Exercise Routine

To View a 3-D animated example of each exercise / stretch
please visit my website.

Log in to the Member section (if necessary) and mouse over Video Exercises.
Select the area that you need to work on.
Click on view this Exercise.

Patient Name:

Exercise Routine Date:

Disclaimer: Should you experience any pain or discomfort while doing these exercises / stretches, please discontinue the exercises / stretch and contact our office.

