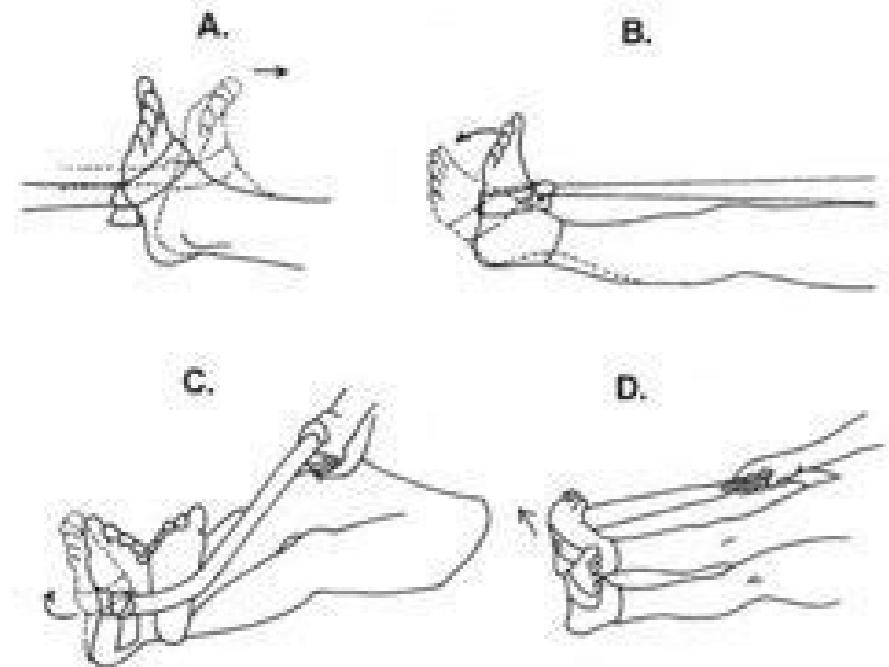
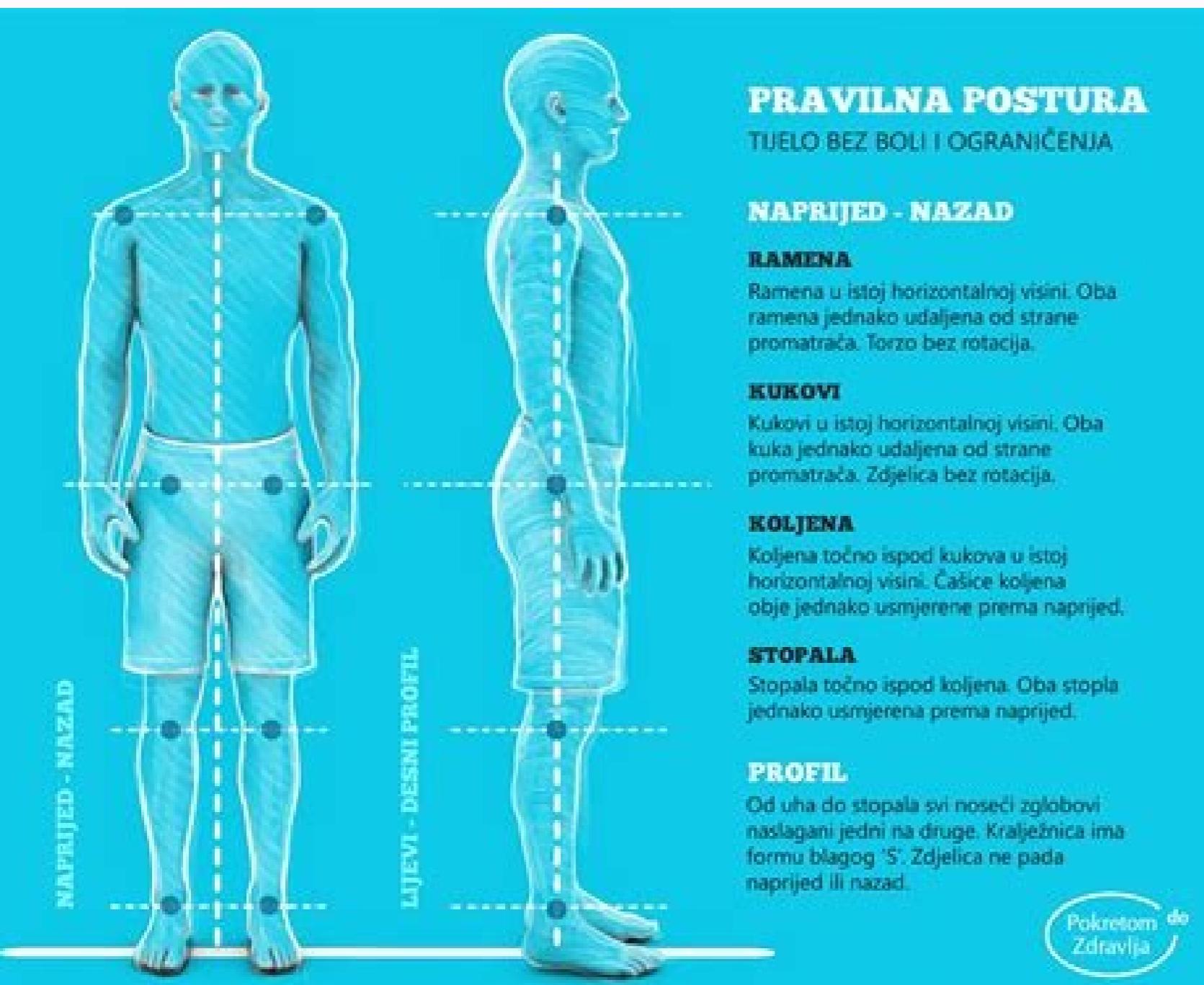


**I'm not a robot!**

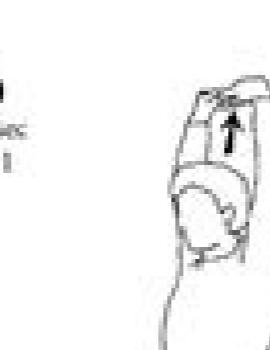
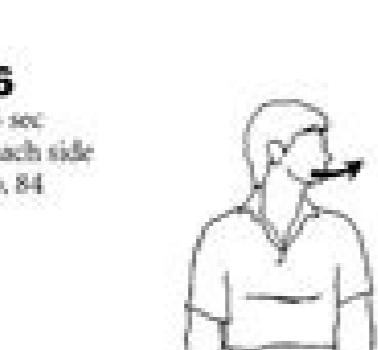
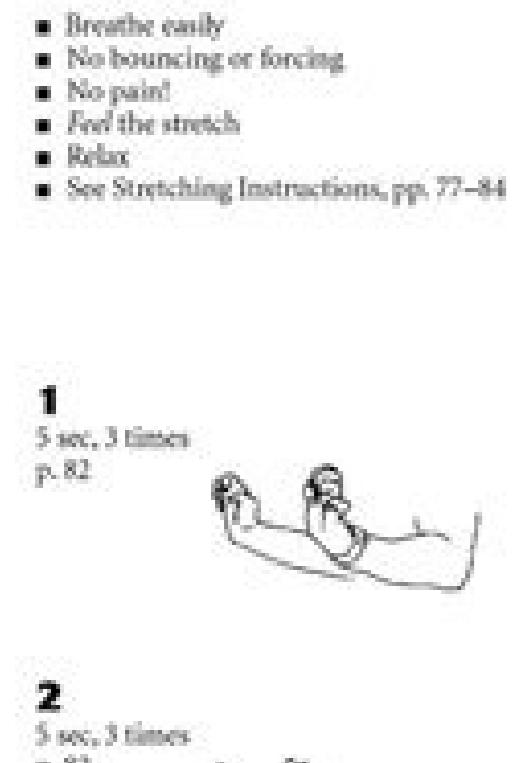


#### **Thera-Band strengthening exercises for the lower leg**



# **DESK STRETCHES**

- Breathe easily
  - No bouncing or forcing
  - No pain!
  - Feel the stretch
  - Relax
  - See Stretching Instructions, pp. 77-84



These are stretches to do at your desk.  
This program will take 2 1/2 – 3 min.

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