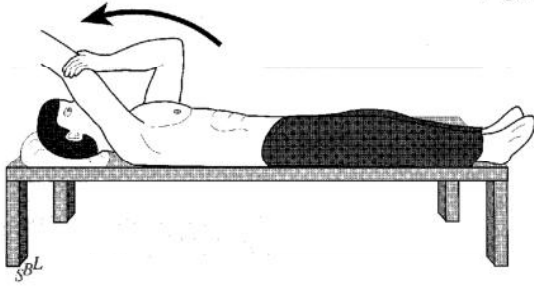


# Stretching Exercises

Do each 3-5 times per day, 15 reps each, hold stretch for 10 count.

## Forward Flexion

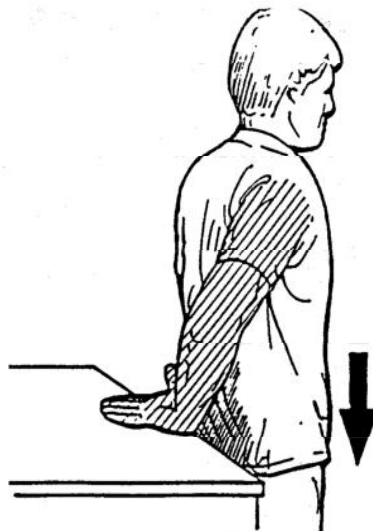
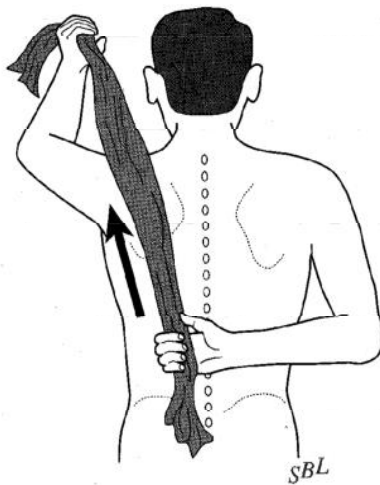


## External Rotation



## Adduction

## Internal Rotation



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