



Integrative Medicine
Sports Medicine • Chiropractic
Naturopathic Medicine • Acupuncture

Geoff Lecovin, MS³ DC, ND, L.Ac., CSCS
284 Central Ave NE * Kirkland, WA 98033 * Ph/Fax (425) 999-4484

Stretches- 2x 30-60 seconds



Figure 6



Figure 7



Figure 8



Strengthen



2x10 hold each rep for 2 seconds



2x10 hold each rep for 2 seconds

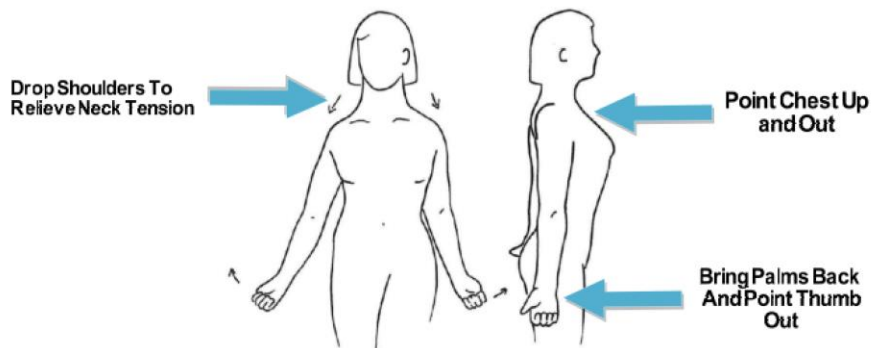


Hold 30-60 seconds



Wall slides: 2x10 slow and controlled

Bruegger's Postural Exercise



Bruegger's: 2x10 slow and controlled

