

1a



1b.



D1 Flexion/Extension

1a. Begin with hand/ thumb on thigh.

1b. Turn thumb up and pull arm in a diagonal up and across your body.

Turn thumb down and push down and back to start position.

Repeat ___ times.

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D2 Flexion/Extension

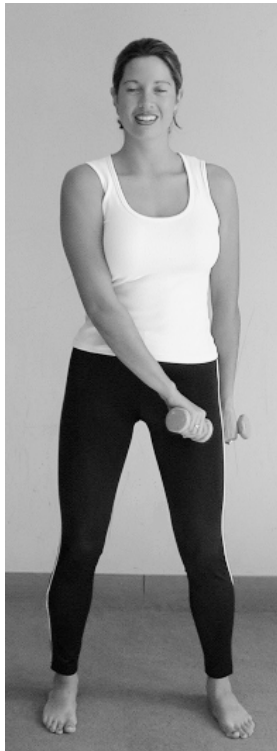
2a.

2a. Begin with hand/thumb on opposite hip.

2b. Turn thumb up and push arm in a diagonal direction up and out to your side.

Turn thumb down and pull arm down and across your body to return to start position.

Repeat ___ times.



2b.

