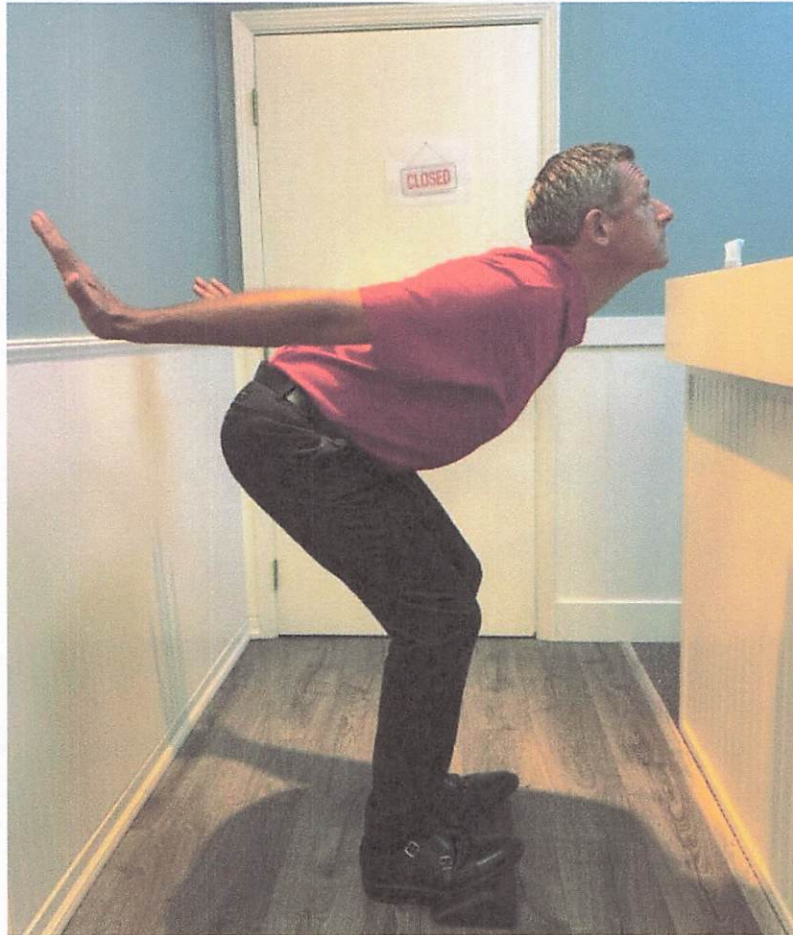


Hummingbird Exercise



Use the "BOB" device OR a foam roller.

1. Place balls of feet on the roller or BOB (place BOB upside down)
2. Bend knees
3. Arch low back
4. Lean forward slightly (chin up)
5. Palms face out (externally rotate) while trying to raise arms up

Hold for 30 sec. Working your way up to 1 minute 1-2x daily or as directed by the Doctor