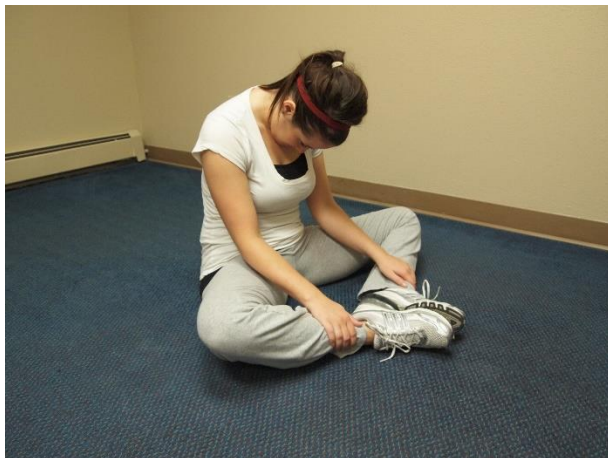




Rehabilitative Exercises | Facial Lines Stretch

F1 Full Spine Flexion



Seated on the floor, bend your knees to a frog-leg position. Grab your feet with both hands and tuck your chin. Flex forward and drive your elbows into your inner thighs stretching your full spine. Hold for _____ seconds. Repeat _____ times a day.