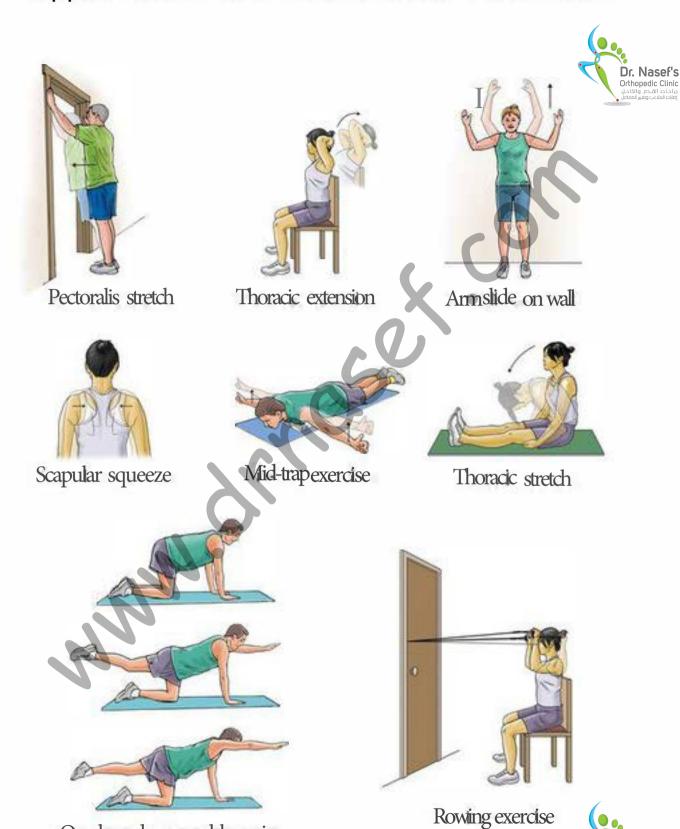
Upper Back Pain Rehabilitation Exercises



Dr. Nasef's

Quadruped arm and leg raise