



# FISIOTERAPIE PHYSIOTHERAPY

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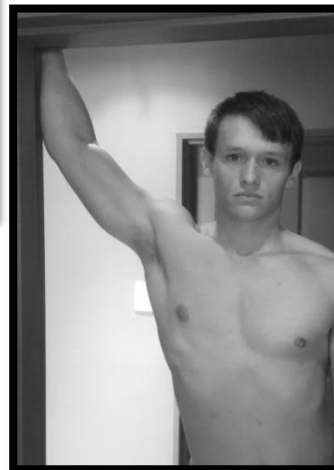
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P.O.Box 21533  
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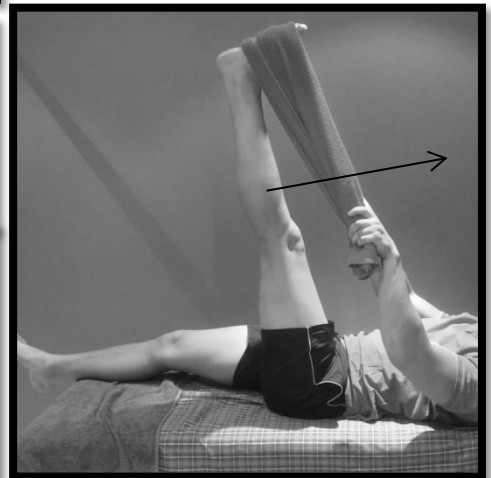
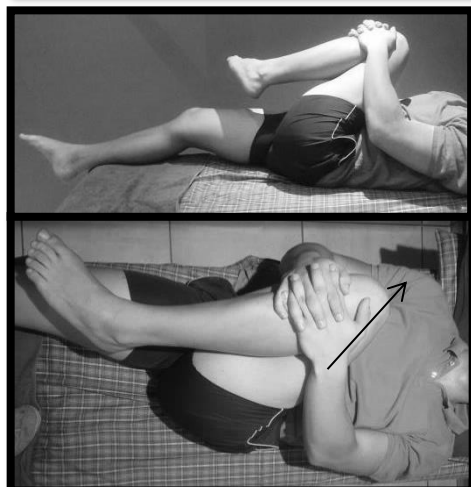
Hospitale/Hospitals  
Netcare Ferncrest/Life  
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## Stretches

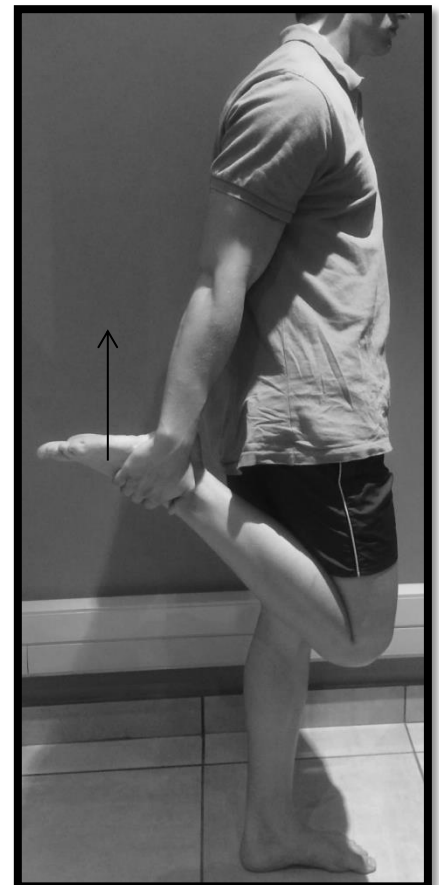
1. Upper limb: Progress weekly.
  - b. Hold the position for 30 secs.
  - c. Repeat 3 times.



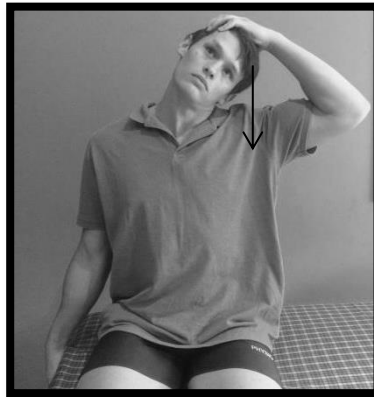
2. Lower limb: Progress weekly.
- a. Hold the position for 30 secs.
  - b. Repeat 3 times.



3. Lower limb in standing: Progress weekly.  
a. Hold the position for 30 secs.  
b. Repeat 3 times.



4. Neck stretches: Progress weekly.  
a. Hold the position for 30 secs.  
b. Repeat 3 times.



**5. PLEASE AVOID THE FOLLOWING STRETCHES.**

