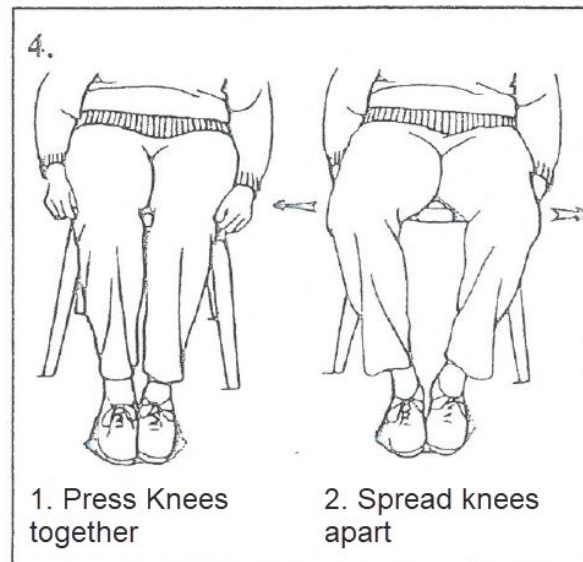
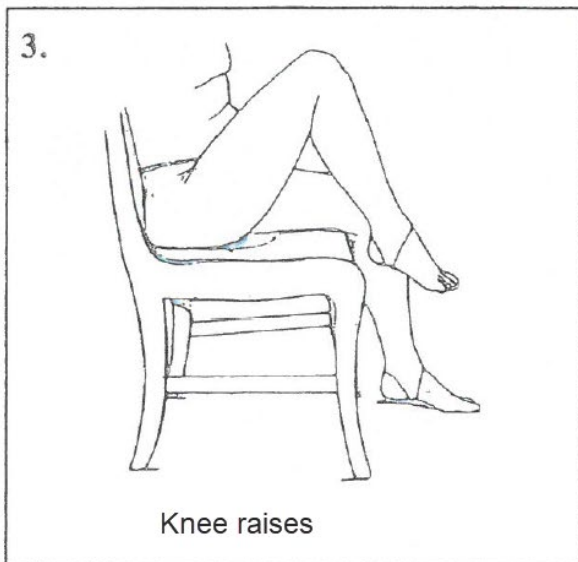
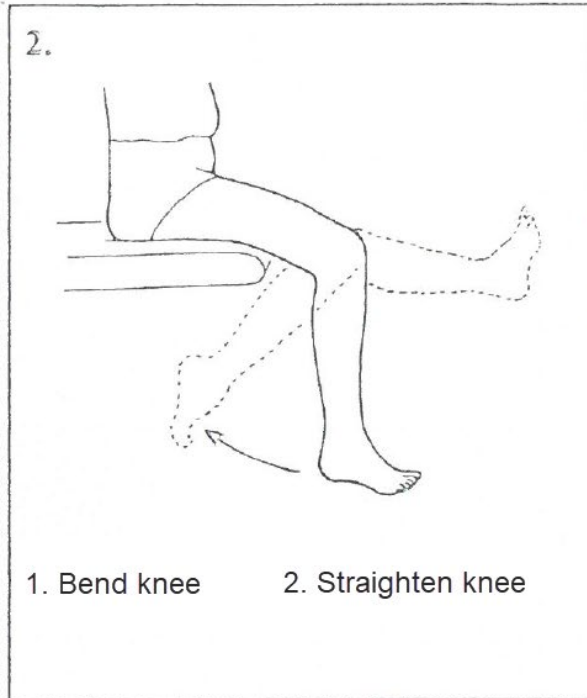
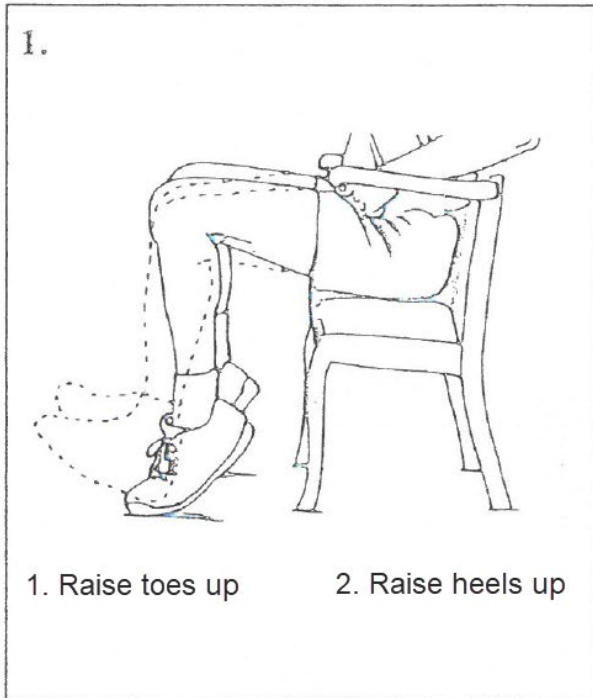




# Seated Strengthening Exercises

- Take your time completing each exercise with smooth movements.
- **Breathe!** Do not hold your breath when exercising.
- **Stop** exercises that cause increased pain and report to your therapist.



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