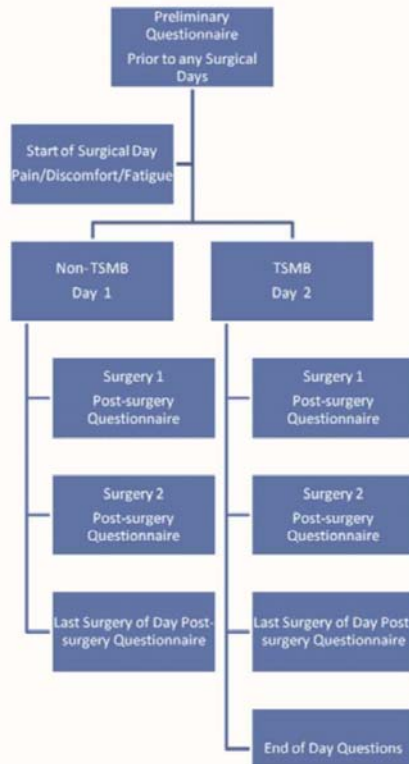


Supplemental Digital Content 1. Flowchart illustration of our enrollment process. tif



Supplemental Digital Content 2. Figure demonstrates the neck flexion. tif



Supplemental Digital Content 3. Figure demonstrates the neck extension. tif



Supplemental Digital Content 4. Figure demonstrates the left neck rotation. tif



Supplemental Digital Content 5. Figure demonstrates the right neck rotation. tif



Supplemental Digital Content 6. Figure demonstrates shoulder elevation. tif



Supplemental Digital Content 7. Figure demonstrates shoulder rotation. tif



Supplemental Digital Content 8. Figure demonstrates the simultaneous upper back and hand stretches. tif





Supplemental Digital Content 9. Figure demonstrates lower back flexion. tif



Supplemental Digital Content 10. Figure demonstrates lower back extension with gluteus maximus squeezes. tif



Supplemental Digital Content 11. Figure demonstrates forefoot lifts. tif



Supplemental Digital Content 12. Figure demonstrates heel lifts. tif

