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.
Supplemental Digital Content 4. Figure demonstrates the left neck rotation. tif
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Supplemental Digital Content 6. Figure demonstrates shoulder elevation. 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
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Supplemental Digital Content 11. Figure demonstrates forefoot lifts. tif
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