OR Strength Exercises

- Retraction
- Shoulder Shrug
- Lateral Crunch
- Forward Crunch
- Squat
- Lunge
- Hip Abduction/Adduction
- Calf Raises
- Hip Extension
- Protraction
- Lateral Neck Stretch
- Neck Rotation
- Wrist Stretch
- Wrist Flexion and Extension
- Calf Stretch
- Hamstring Stretch