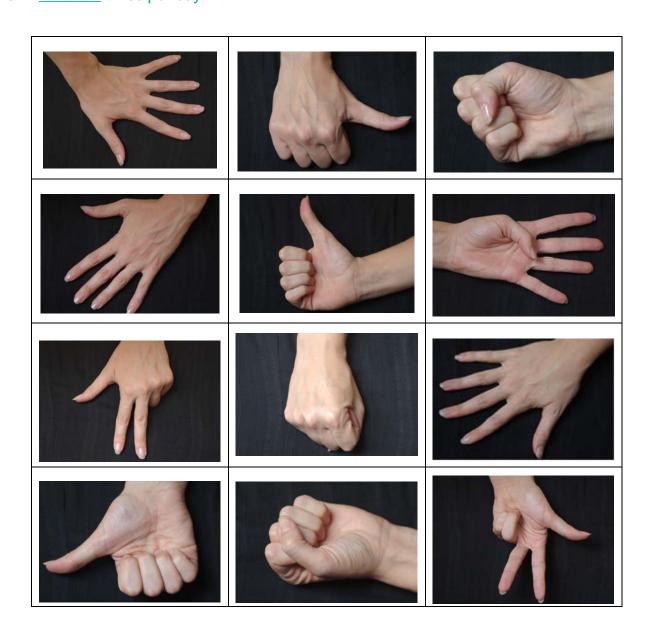
### **PROGRAM 1**

Carry out this activity for \_\_\_\_\_ minutes.

Perform \_\_\_\_\_ times per day.



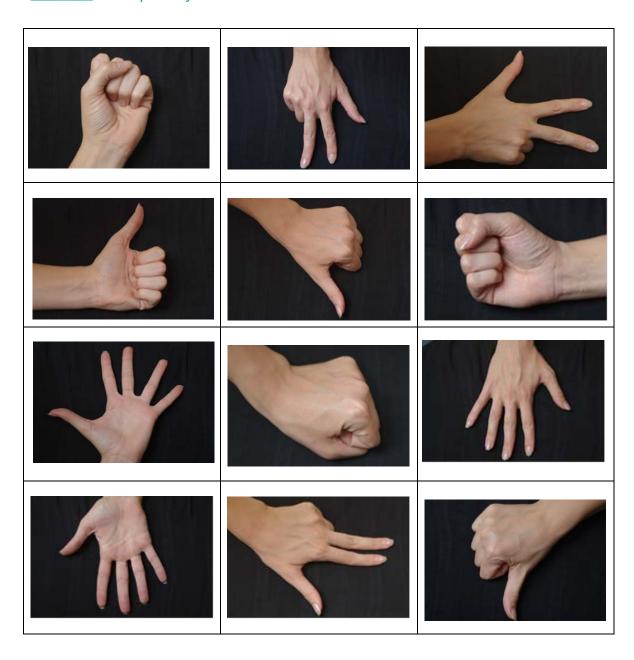
Please contact your therapist if you have any queries or concerns.



### **PROGRAM 2**

Carry out this activity for \_\_\_\_\_ minutes.

Perform \_\_\_\_\_ times per day.

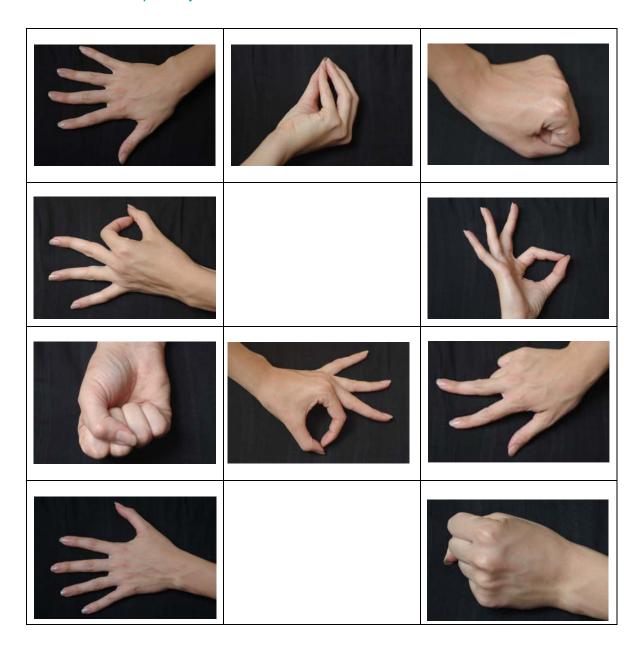


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$\mathbf{D}$	Daca	contact	VOLIF H	haraniet it v	<i>I</i> OH bay	anv <i>i</i>	MIIALIAE C	r concerns.
	ICasc	Contact	your ti	nerapist ii y	you may	c ally t	guerres c	n concents

### **PROGRAM 3**

Carry out this activity for \_\_\_\_\_ minutes.

Perform \_\_\_\_\_ times per day.

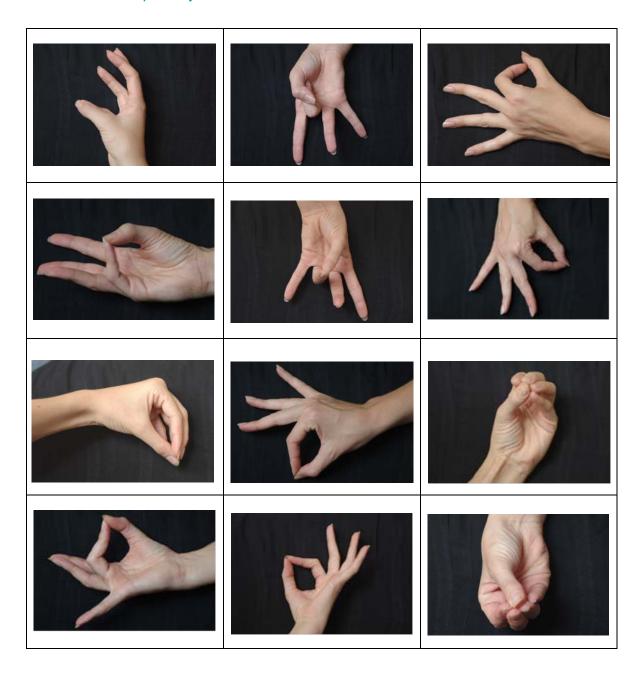


Place	contact	your th	oraniet if	you have	any quaries	or concerns
Piease	CONTACT	vour in	eranist ii	VOII NAVE		or concerns

### **PROGRAM 4**

Carry out this activity for \_\_\_\_\_ minutes.

Perform \_\_\_\_\_ times per day.



Please contact your therapist if you have any queries or concerns.