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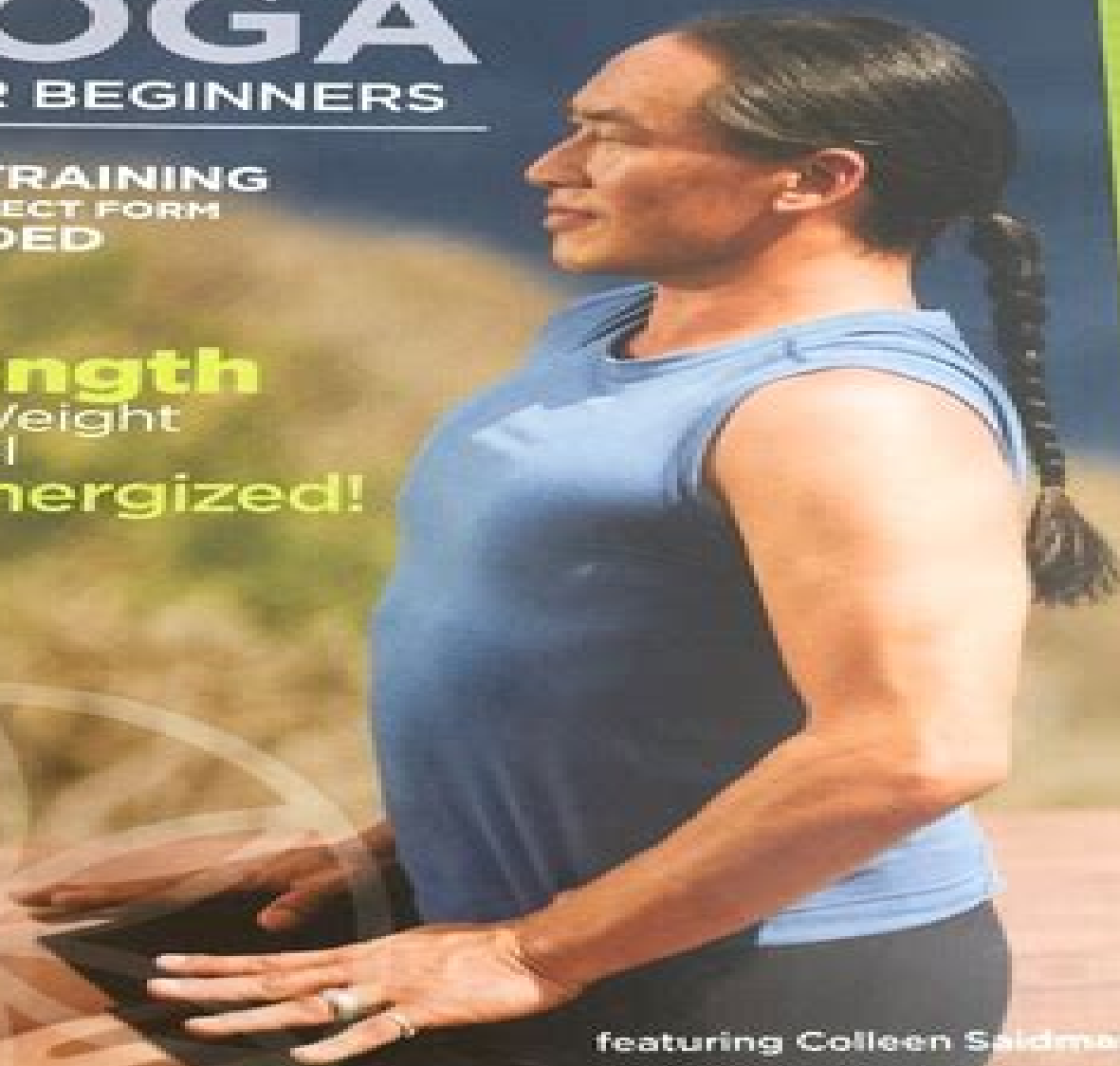
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increase the number of times you repeat the exercise remember to do each exercise slowly and controlled ask your therapist for a different colored band to make these exercises easier

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