

Labell & Associates Physical Therapy LLC  
303C Haverhill Street  
Rowley, MA 01969  
Hours: M-Th 8-7 F 8-2  
Phone: 978-948-5511  
Emergency: www.labellpt.com

Stretching Exercises

Please hold each stretch for at least 30 seconds

Perform at least 3 sets

Perform at least 3 times per day

