



Health and Wellness Protocols

Foot & Ankle



Knee



Hip & Lower Back



Upper Back



Shoulder



Wrist and Elbow



Neck



Stretch and Flex



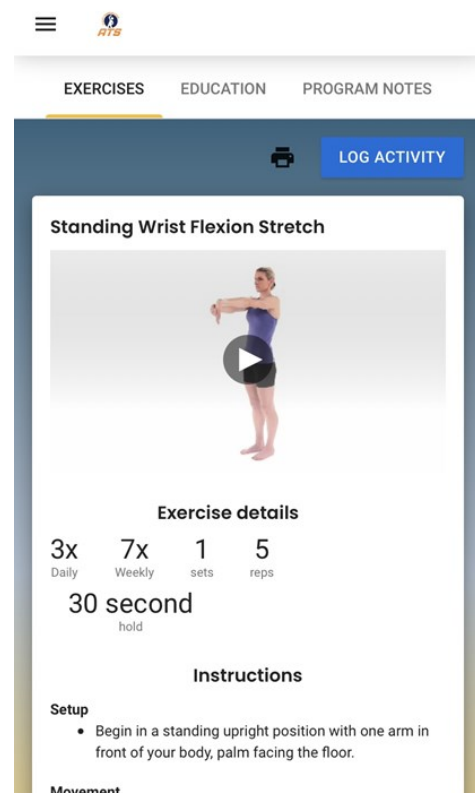
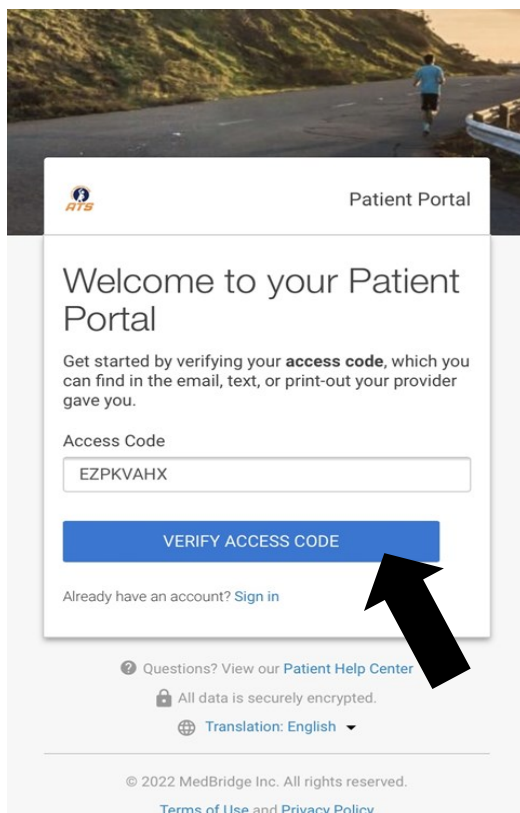


How to use Health and Wellness Protocols

Step 1: Scan the corresponding QR Code with the camera on your smartphone device



Step 2: Follow the link and select “Verify Access Code” to view wellness stretches and exercises to improve and maintain the selected body region.



Need Further Assistance? Contact your onsite Athletic Trainer!