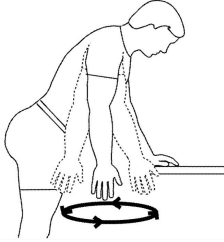


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AROM shld pendulum (Shoulder pendulum)

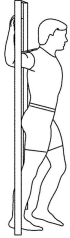


- Lean over table as shown, supported by uninvolvement arm.
- Allow involved arm to hang freely.
- Use trunk movement to swing arm in circles, side to side, and front to back, as shown.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Stretch Pectoral standing w/shld ER (Door Pec stretch)



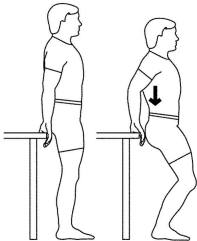
- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

Stretch shld ext (Shoulder backward table stretch)



- Stand with back to table.
- Place both hands on table, fingers forward, as shown.
- Gently bend legs, allowing elbows to bend, until stretch is felt.

Special Instructions:

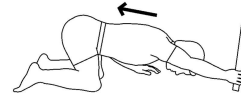
Do not force past comfort range. Do not bounce at end.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

Stretch Lattisimus/Obliques kneeling (Kneeling Lat stretch)



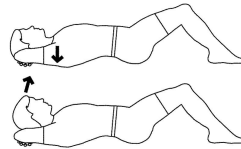
- Kneel on floor as shown.
- Reach forward with right arm, grasping a secure object.
- Lean back toward heels.
- Repeat with other side.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

Stretch shld blade pinch supine (Anterior chest stretch)



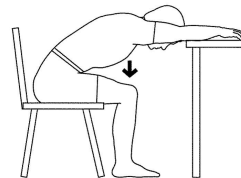
- Lie on back, knees bent.
- Place hands behind head, interlace fingers.
- Pull shoulder blades together.
- On the relax cycle, pull head forward gently.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

Stretch shld flx uni sit trunk bending (Sitting forward shoulder stretch)



- Sit at table.
- Place arm on table, elbow straight.
- Slowly bend trunk downward.
- You should feel a stretch at the shoulder.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

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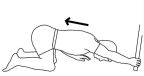
AROM shld pendulum (Shoulder pendulum)



Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

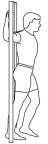
Stretch Lattisimus/Obliques kneeling (Kneeling Lat stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

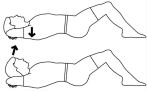
Stretch Pectoral standing w/shld ER (Door Pec stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

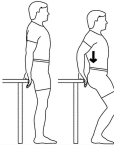
Stretch shld blade pinch supine (Anterior chest stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

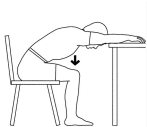
Stretch shld ext (Shoulder backward table stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

Stretch shld flx uni sit trunk bending (Sitting forward shoulder stretch)



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.
Rest 30 Seconds between sets.

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