



Wall Slides

Begin the exercise by standing and facing the wall. With a towel in hand, place your arm on the wall and begin to lift your arm up. Lean forward with your body to achieve a good stretch.

Repeat 4 Times
Hold 35 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

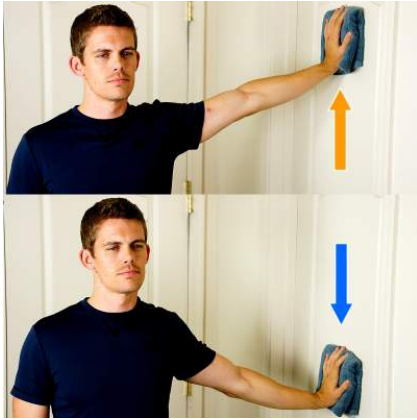


TABLE SLIDE - FLEXION

Sitting in a chair, rest your injured arm on a table and gently slide it forward and then back.

Repeat 4 Times
Hold 35 Seconds
Complete 1 Set
Perform 2 Time(s) a Day





WALL SLIDES ABDUCTION

Place a folded towel on a wall or door with a slick surface. Stand to the side and with a straight arm and slide the towel up and down as shown.

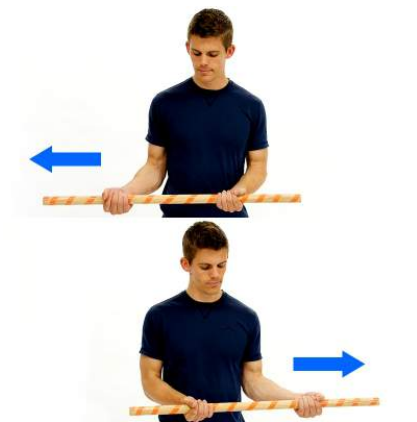
Repeat 4 Times
Hold 35 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



TABLE SLIDE - ABDUCTION

Sitting in a chair, rest your injured arm on a table and gently slide it out to the side and then back.

Repeat 4 Times
Hold 35 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



WAND ROTATION - STANDING IR ER

In the standing position, hold a wand/cane with both hands keeping your elbows bent. Move your arms and wand/cane side-to-side. Your affected arm should be partially relaxed while your unaffected arm performs most of the effort.

Repeat 4 Times
Hold 35 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



WALL EXTERNAL ROTATION STRETCH - ER

Place your affected hand on the wall with the elbow bent and gently turn your body the opposite direction until a stretch is felt.

Repeat 4 Times
Hold 35 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



Towel Internal Rotation Stretch

Hold a towel in both hands. Bring one hand behind your body and with the other, reach behind your neck and use the towel to gently pull the other hand behind the back until you feel a stretch in the shoulder.

Repeat 4 Times
Hold 35 Seconds
Complete 1 Set
Perform 2 Time(s) a Day