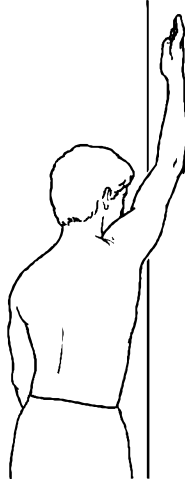


SHOULDER - 8 ROM: Flexion (Alternate)

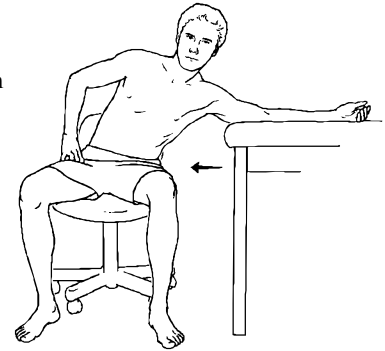
Slide arm up wall, with palm out, by leaning toward wall. Hold 10 seconds.



Repeat 10-15 times per set.
Do 2 sessions per day.

SHOULDER - 9 ROM: Abduction

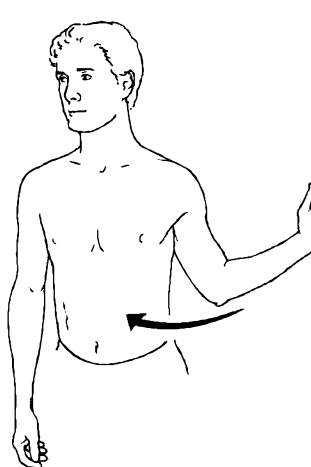
With arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 10 seconds.



Repeat 10-15 times per set.
Do 2 sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

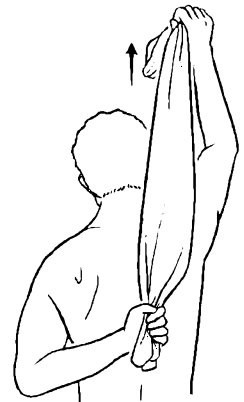
Keep palm of hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt. Hold 10 seconds.



Repeat 10-15 times per set.
Do 2 sessions per day.

SHOULDER - 73 ROM: Towel Stretch – with Interior Rotation

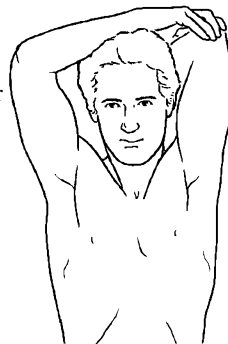
Pull arm up behind back by pulling towel up with other arm. Hold 10 seconds.



Repeat 10-15 times per set.
Do 2 sessions per day.

SHOULDER - 71 ROM: Inferior Capsule Stretch

Gently pull on raised elbow with other hand until stretch is felt in shoulder. Hold 10 seconds.



Repeat 10-15 times per set.
Do 2 sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

Gently pull on forward elbow with other hand until stretch is felt in shoulder. Hold 10 seconds.



Repeat 10-15 times per set.
Do 2 sessions per day.