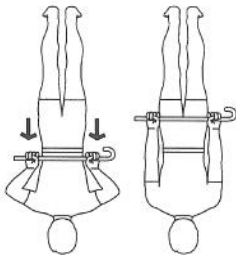


Stretch shld capsule posterior w/arm

- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.

Perform 1 set of 5 Repetitions,
twice a day.
Hold exercise for 10 Seconds.



AAROM shld IR w/cane

- Hold cane in both hands behind back.
- Lift cane up your back by bending elbows.
- Uninvolved arm helps to assist involved arm.

Perform 1 set of 5 Repetitions,
twice a day.
Perform 1 repetition every 4 Seconds.
Use Cane.
Hold exercise for 10 Seconds.

Stretch shld IR w/towel



- Place involved arm behind back as far as possible.
- Hold other arm over shoulder with towel as shown.
- Grasp towel with involved arm.
- Slowly pull upward with uninvolved arm until a gentle stretch is felt.
- Hold, relax and repeat.

Perform 1 set of 5 Repetitions,
twice a day.
Hold exercise for 10 Seconds.