

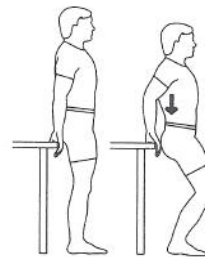


PROM shld ext self

- Sit with involved arm at side, elbow bent to 90 degrees.
- Grasp wrist or forearm of involved arm with hand of other arm.
- Gently move involved arm backward through available range.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Perform 1 repetition every 4 Seconds.
Hold exercise for 10 Seconds.



Stretch shld ext

- 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 10 Repetitions,
twice a day.

Hold exercise for 10 Seconds.



Stretch shld ext bil

- Grasp hands behind back.
- Move arms backward until stretch is felt across front of chest and shoulders.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
twice a day.

Hold exercise for 10 Seconds.