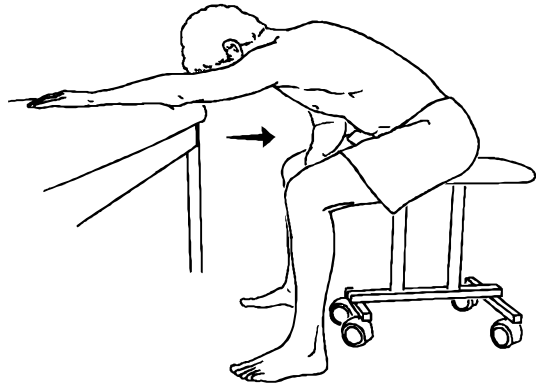


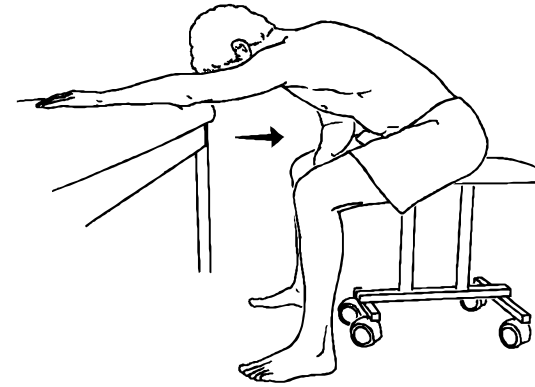
SHOULDER - 7 ROM: Flexion



Keeping left arm on table, slide body away until stretch is felt. Hold 5 seconds.

Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 7 ROM: Flexion

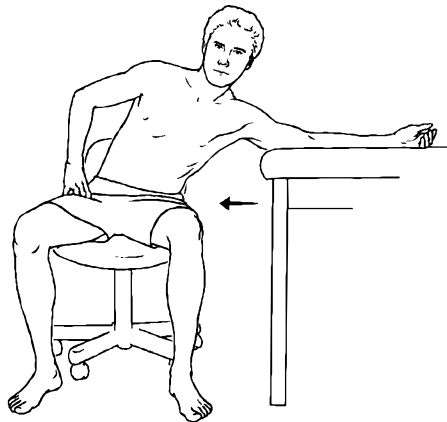


Keeping right arm on table, slide body away until stretch is felt. Hold 5 seconds.

Repeat 3 times per set. Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 9 ROM: Abduction

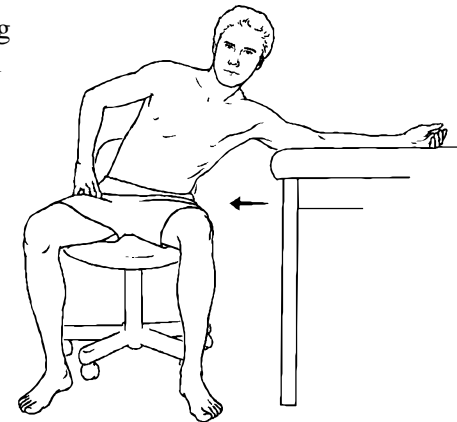
With left arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 9 ROM: Abduction

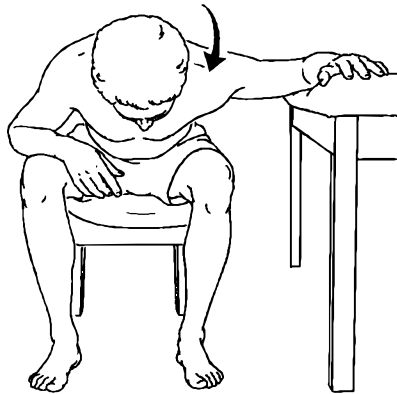
With right arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 10 ROM: External Rotation

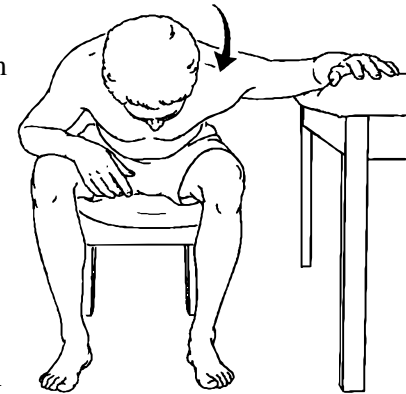
Keeping left forearm palm down on table, bend forward at waist until stretch is felt.
Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 10 ROM: External Rotation

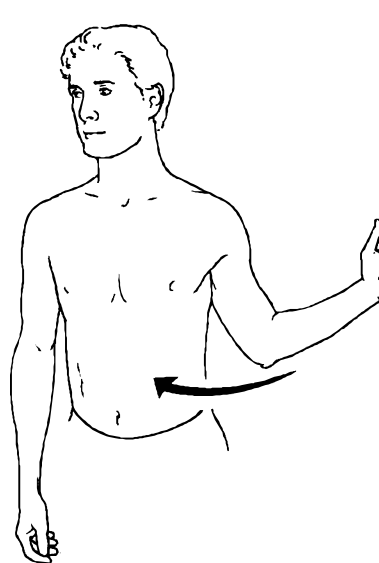
Keeping right forearm palm down on table, bend forward at waist until stretch is felt.
Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

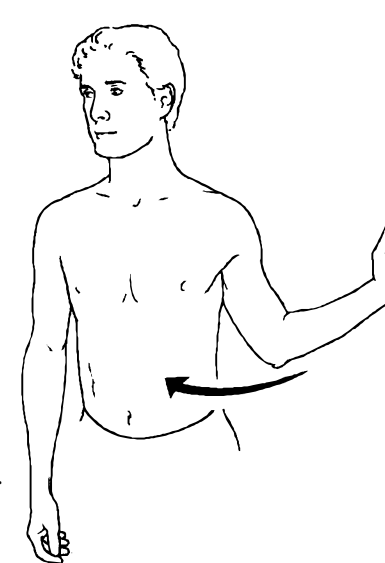
Keep palm of left hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt.
Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

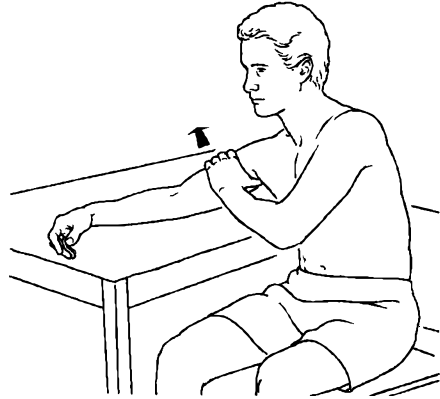
Keep palm of right hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt.
Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 18 ROM: Lateral Glide

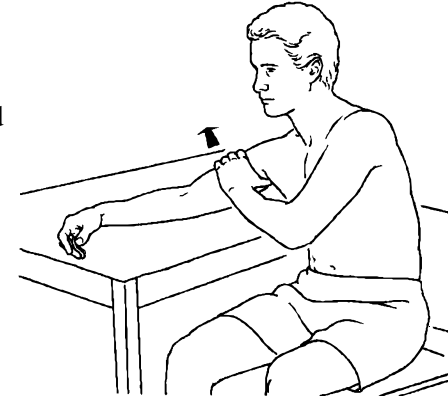
With left arm resting comfortably on table, apply gentle force out just below armpit. Hold 5 seconds. Relax.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 18 ROM: Lateral Glide

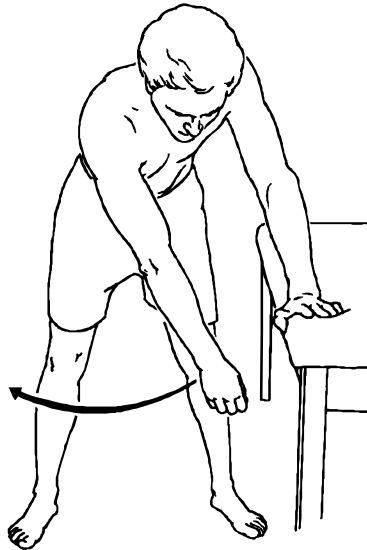
With right arm resting comfortably on table, apply gentle force out just below armpit. Hold 5 seconds. Relax.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 25 ROM: Pendulum (Side-to-Side)

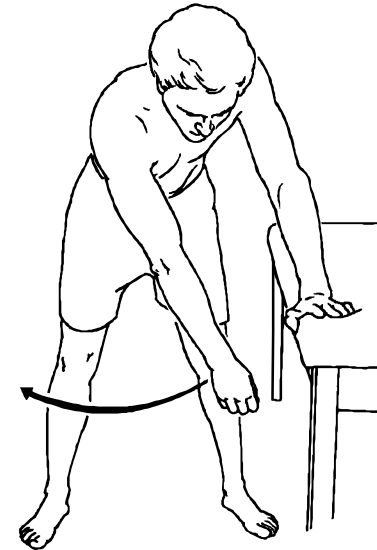
Let left arm swing freely from side to side by rocking body weight from side to side.



Repeat 15 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 25 ROM: Pendulum (Side-to-Side)

Let right arm swing freely from side to side by rocking body weight from side to side.



Repeat 15 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 26 ROM: Pendulum (Circular)

Let left arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 15 times each direction per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 26 ROM: Pendulum (Circular)

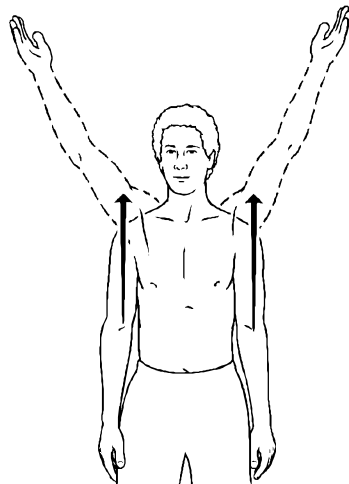
Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 15 times each direction per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 83 ROM: Flexion (Standing)

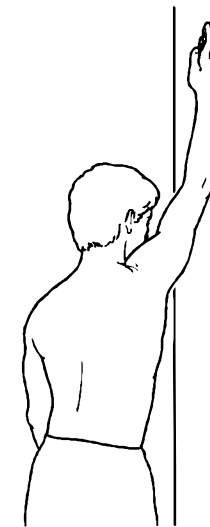
Bring arms straight out in front and raise as high as possible without pain. Keep palms facing in.



Repeat 5-10 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

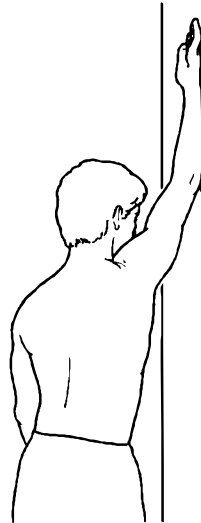
Slide right arm up wall, with palm out, by leaning toward wall. Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

Slide left arm up wall, with palm out, by leaning toward wall. Hold 5 seconds.



Repeat 3 times per set.
Do 3 sets per session.
Do 2 sessions per day.