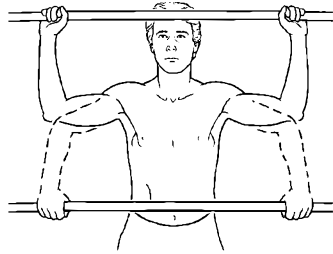


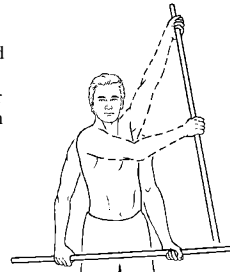
SHOULDER - 4 ROM: External / Internal Rotation – Wand



Bring wand up over head, then down toward waistline.
 Hold each position 15 seconds.
 Repeat 10 times per set. Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 2 ROM: Abduction – Wand

Holding wand with left hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 10 seconds.



Repeat 12 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

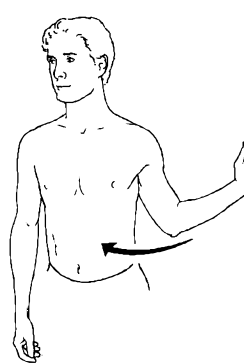
Slide right arm up wall, with palm out, by leaning toward wall. Hold 15 seconds.



Repeat 2 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

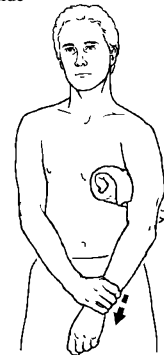
Keep palm of left hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt. Hold 10 seconds.



Repeat 4 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 17 ROM: Inferior Glide

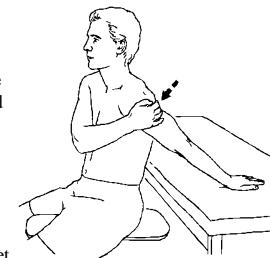
With towel under left arm, gently pull arm down and across body until stretch is felt. Hold _____ seconds. Relax.



Repeat 5 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 21 ROM: Anterior Glide – Extension

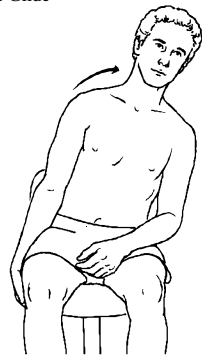
With left arm resting comfortably on table behind, apply gentle force down and slightly forward through shoulder. Hold _____ seconds. Relax.



Repeat 5 times per set.
 Do 2 sets per session.
 Do 1 sessions per day.

SHOULDER - 13 ROM: Caudal Glide

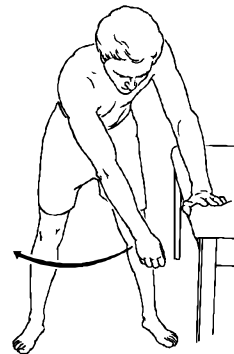
Hold edge of chair firmly with right hand. Lean trunk away from stabilized arm. Hold _____ seconds.



Repeat 5 times per set.
 Do 2 sets per session.
 Do 1 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 12 times per set.
 Do 2 sets per session.
 Do 1 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 2 sets per session.
 Do 1 sessions per day.