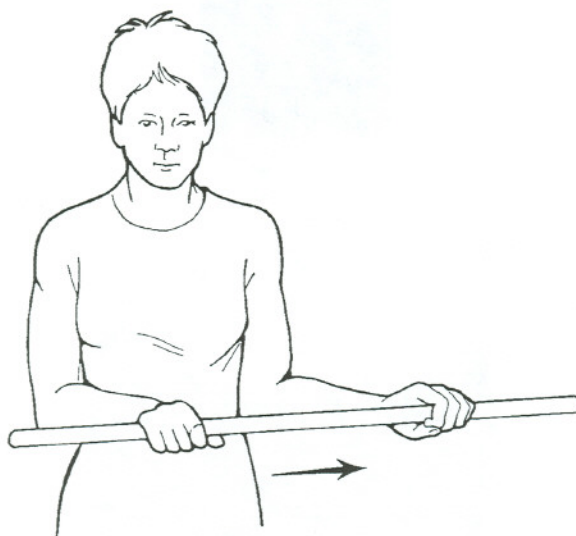


Exercise 1 of 3

SHOULDER FLEXION

1. Lie on back as shown, clasping hands together
2. Raise both hands overhead, with all the effort coming from your unoperated arm. Your operated arm should be totally relaxed.
3. Hold 10 seconds
4. 3-5 repetitions, 5 times per day

Goal: 140 degrees of elevation, comfortably

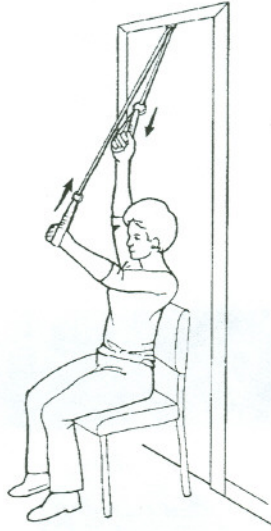


Exercise 2 of 3

SHOULDER EXTERNAL ROTATION

1. Lie down, with elbows bent to 90 degrees, holding stick across your waist
2. Using stick for assistance, rotate your operated arm and forearm out away from your body
3. Do not allow your upper arm to move away from your body
4. Hold 10 seconds
5. 3-5 repetitions, 5 times per day

Goal: 40 degrees of motion outwards



Exercise 3 of 3

SHOULDER FLEXION

1. Sit in a chair with pulley assembled as shown
2. Raise the operated arm overhead pulling down on the pulley with the other hand for assistance, so that you feel a stretch. The operated arm should be totally relaxed.
3. Hold 10 seconds.
4. 3-5 repetitions, 5 times per day

Goal: 140 degrees of elevation