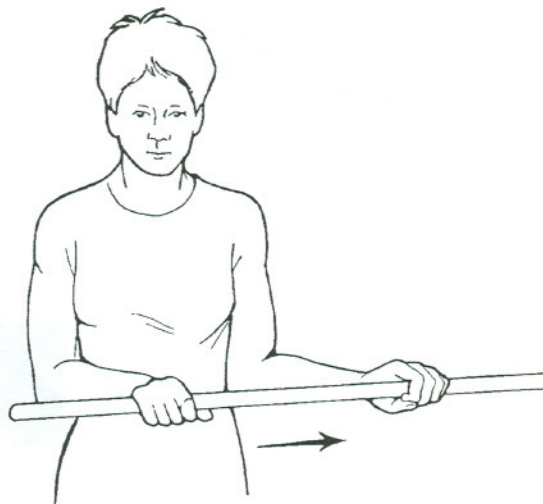


Exercise 1 of 4

### SHOULDER FLEXION

1. Lie on back as shown, clasping hands together
2. Raise both hands overhead, so that you feel a stretch with the left pulling the right
3. Hold 10-30 seconds
4. 3-5 repetitions, 5 times per day



Exercise 2 of 4

### SHOULDER EXTERNAL ROTATION

1. Lie on your back, with elbows bent to 90 degrees, holding stick in front of you
2. Using stick for assistance, rotate your right hand and forearm out away from your body
3. Do not allow your upper arm to move away from your body
4. Hold 10-30 seconds
5. 3-5 repetitions, 5 times per day



Exercise 3 of 4

### SHOULDER HORIZONTAL ADDUCTION

1. Stand grasping right elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch. Keep your elbow relatively straight.
3. Hold 30 seconds
4. 1 repetition at each of 3 different levels, 5 times per day



Exercise 4 of 4

### SHOULDER INTERNAL ROTATION

1. Reach behind back with the right arm
2. Grasp the arm with your other hand
3. Try to pull the arm upward as shown so that you feel a stretch
4. Hold 30 seconds
5. 1 repetition, 5 times per day