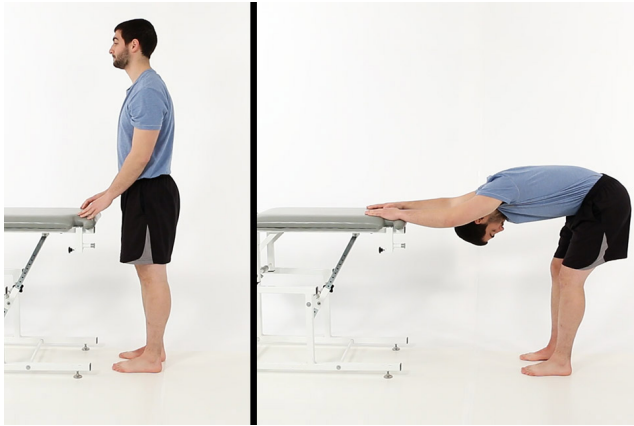


**Standing Bilateral Shoulder Flexion Stretch with Table**



**Sets:** -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

**Description:** Starting Position: Begin standing with both hands resting on a table with your arms straight. Movement: Keeping your hands in the same place, slowly step backward, which will cause you to bend your trunk forward. Continue until a stretch is felt in the shoulders. Hold and repeat as prescribed.

**Shoulder External Rotation Table Slide**



**Sets:** -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

**Description:** Sit on a chair or a stool with your affected forearm resting on a table at about shoulder height with a towel or pillow case under your forearm. Slowly lean your chest toward your knees until you feel a stretch in your shoulder. Hold for the prescribed time and then return starting position.

**Side Lying Shoulder ER**



**Sets:** -- **Reps:** 10-15 **Resistance:** -- **Hold:** -- **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

**Description:** Starting Position: Lie on your side with your elbow propped on a rolled up hand towel and bent at 90 degrees. Movement: Rotate forearm up towards ceiling keeping elbow always at 90 degrees and propped on the towel roll. Repeat as prescribed. Tips: Add weight to make this more difficult. Make sure to retract your shoulder blade in towards your spine as you rotate your forearm upwards.

**Internal Rotation Stretch with Belt**



**Sets:** -- **Reps:** 20 **Resistance:** -- **Hold:** 5-10 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

**Description:** Place the hand of the arm to be exercised behind your back and toss a long belt over the opposite shoulder. Grab hold of the belt with the hand behind the back and begin to lift the hand up the back. Pull the belt with the opposite hand to assist with the stretch. Hold as directed. Repeat as indicated.

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**Scapular Depression/Retraction AROM**



**Sets:** -- **Reps:** 10-15 **Resistance:** -- **Hold:** 3 seconds **Rest:** -- **Times Per Day:** 2 **Times Per Week:** 4-5

**Description:** Starting position is standing (can be done seated). Begin exercise by bringing shoulder blades together and downward. Try not to shrug your shoulders during the movement. Hold and repeat for specified number of repetitions.