

1

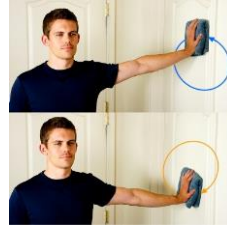


Clocks

Place a theraband loop around wrists and place hands on the wall with hands parallel to each other. Move right hand up, then back to the middle, then to the side, and back to the middle, and down then return back to middle. Repeat with L hand. Go slow and as tolerated. Stop if it hurts.

Repeat 10 Times
 Hold 2 Seconds
 Complete 2 Sets
 Perform 2 Time(s) a Day

5



WALL SLIDE CIRCLES

Place a folded towel on a wall or door with a slick surface. Stand to the side with a straight arm. Next, slide the towel in a circular pattern. Alternately reverse directions after a few repetitions are performed.

Repeat 10 Times
 Hold 2 Seconds
 Complete 2 Sets
 Perform 2 Time(s) a Day

2



T-band Horizontal Abduction

Lying on your back with your knees bent, hold the elastic band taut right above your head. Keeping your arms straight, slowly pull the band apart by lowering your arms to the table. Slowly return to the starting position and repeat.

Repeat 10 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 2 Time(s) a Day

6



ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

Repeat 10 Times
 Hold 2 Seconds
 Complete 2 Sets
 Perform 2 Time(s) a Day

3



Shoulder Flexion - Theraband

Place one end of the theraband under your foot and one in your hand. Keeping elbow straight, raise arm straight out in front.

Repeat 10 Times
 Hold 2 Seconds
 Complete 2 Sets
 Perform 2 Time(s) a Day

4



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 10 Times
 Hold 3 Seconds
 Complete 2 Sets
 Perform 2 Time(s) a Day