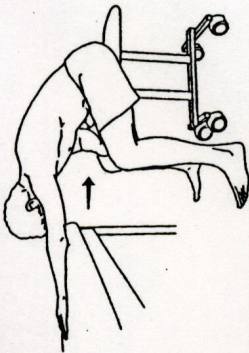


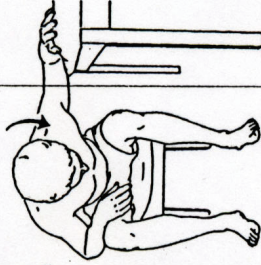
ARM STRETCHES

SHOULDER - 7 ROM: Flexion



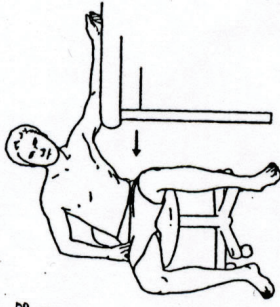
Keeping right arm on table, slide body away until stretch is felt. Hold _____ seconds.
 Repeat _____ times per set. Do _____ sets per session.
 Do _____ sessions per day.

SHOULDER - 10 ROM: External Rotation



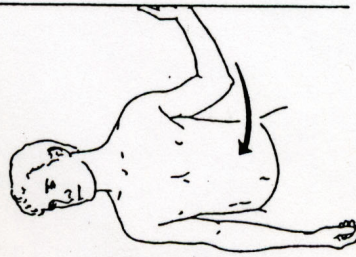
Keeping right forearm palm down on table, bend forward at waist until stretch is felt. Hold _____ seconds.
 Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

SHOULDER - 9 ROM: Abduction



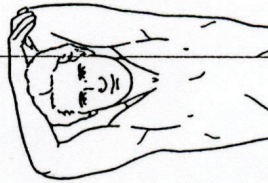
With right arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold _____ seconds.
 Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)



Keep palm of right hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt. Hold _____ seconds.
 Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

SHOULDER - 71 ROM: Inferior Capsule Stretch



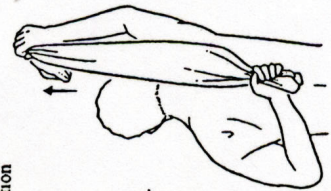
Gently pull on right raised elbow with other hand until stretch is felt in shoulder. Hold _____ seconds.
 Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch



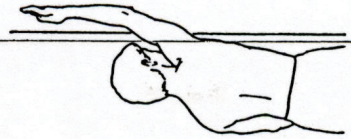
Gently pull on right forward elbow with other hand until stretch is felt in shoulder. Hold _____ seconds.
 Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

SHOULDER - 73 ROM: Towel Stretch - with Interior Rotation



Pull right arm up behind back by pulling towel up with other arm. Hold _____ seconds.
 Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)



Slide right arm up wall, with palm out, by leaning toward wall. Hold _____ seconds.
 Repeat _____ times per set.
 Do _____ sets per session.
 Do _____ sessions per day.