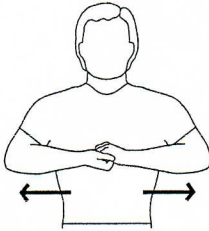


Iso shld horiz abd bil



- Stand with arms in front, elbows bent, hands clasped together.
- Hold hands tightly while trying to pull apart.
- Relax and repeat.

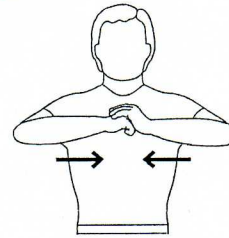
Special Instructions:

Do Not Hold Breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Iso shld horiz add bil



- Stand with arms in front, elbows bent, hands together.
- Push hands inward toward one another.
- Keep shoulders level.

Special Instructions:

Do Not Hold Breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Iso shld IR



- Stand with involved arm at side against wall or door frame as shown.
- Push hand inward.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

Issued By: MMPC Orthopedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

Signature: _____