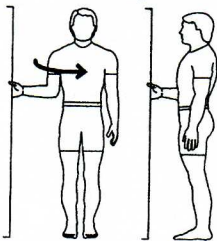


**Stretch shld ER stand at doorway**



- Stand at edge of doorway.
- Begin with arm at side, elbow bent to 90 degrees.
- Place hand of involved arm on door frame.
- Slowly turn away from doorway until a gentle stretch is felt.
- Hold and repeat.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch shld ext bil**



- Grasp hands behind back.
- Move arms backward until stretch is felt across front of chest and shoulders.
- Relax and repeat.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch shld flx uni sit trunk bending**

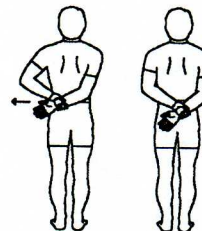


- Sit at table.
- Place arm on table, elbow straight.
- Slowly bend trunk downward.
- You should feel a stretch at the shoulder.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch shld IR self**



- Sit or stand with hand behind back.
- Grasp wrist with other hand as shown.
- Gently pull arm across back.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch Trapezius upper**



- Place right arm behind back.
- Grasp arm with left hand as shown.
- Bend neck sideways to left as you pull your right arm.
- Repeat for other side.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.

**Stretch shld ER sit**



- Sit with side to table, arm directly out from side, elbow bent, as shown.
- Gently bend forward.

**Perform 1 set of 4 Repetitions, twice a day.**

Hold exercise for 20 Seconds.