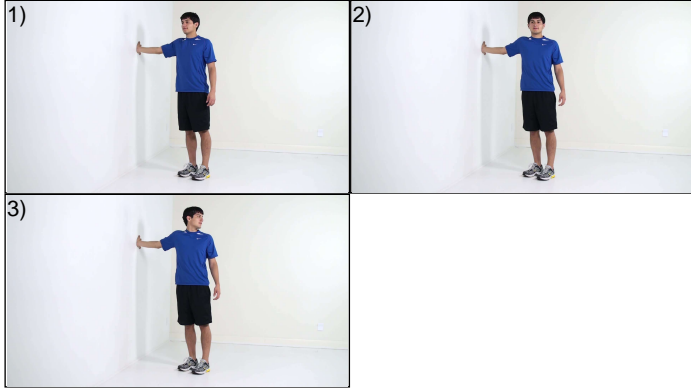


Stretch cerv/thoracic/arm neural

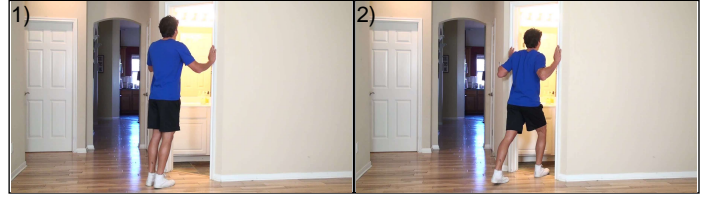


- Stand with arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to opposite side until a stretch is felt down the front of arm.

Perform 3 sets of 12 second(s), twice a day.

Hold exercise for 12 Seconds.

Stretch Pectoral standing bil at door



- Stand in doorway or in corner.
- Place arms at chest level on sides of doorway as shown.
- Gently step forward, keeping back straight.
- Return to start position.

Special Instructions:

Place both hands at waist level or at head level to stretch different portions of muscle.

Perform 3 sets of 12 second(s), twice a day.

Hold exercise for 12 Seconds.

Stretch Rhomboids

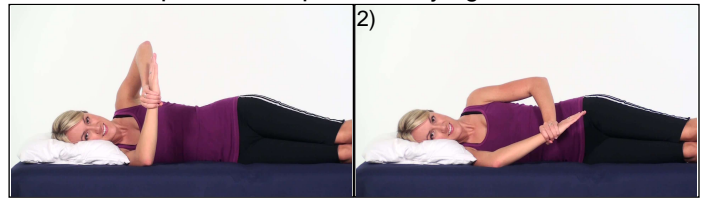


- Bring arm across in front of body as shown.
- Hold elbow with opposite arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Perform 3 sets of 12 second(s), twice a day.

Hold exercise for 12 Seconds.

Stretch shld posterior capsule sidelying



- Lie on involved side.
- Position involved arm out away from side.
- Use other arm and gently push forearm of involved arm downward.
- Hold and repeat.

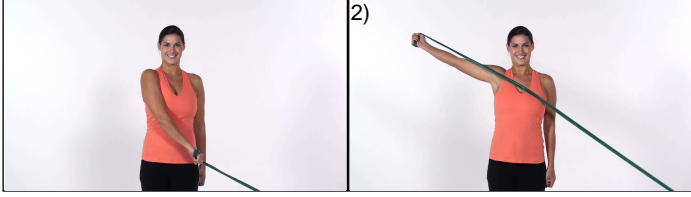
Perform 3 sets of 12 second(s), twice a day.

Hold exercise for 12 Seconds.

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Resist shld diag D2 flx w/elastic



- Attach elastic to secure object at floor level.
- Begin with arm crossed over trunk, holding elastic, palm inward, at opposite hip.
- Raise arm up and diagonally across, ending with palm facing outward.
- Slowly return to start position and repeat.

Special Instructions:

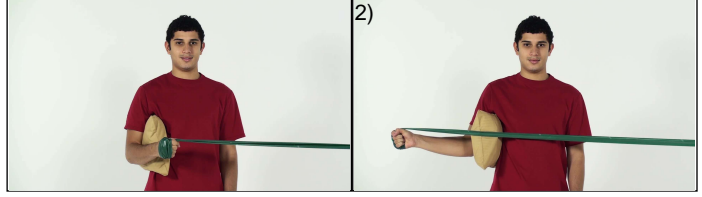
Do not twist at trunk.

Perform 3 sets of 12 repetition(s), once every other day.

Use green Elastic.

Hold exercise for 3 Seconds.

Resist shld ER uni stand (abd 45) w/elastic

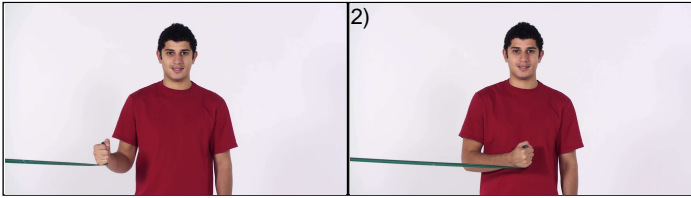


- Attach elastic to secure object at waist level.
 - Place pillow between elbow and body.
 - Grasp elastic in hand, elbow bent to 90.
 - Rotate arm outward and return.
 - Slowly return to start position and repeat.
- Perform 3 sets of 12 repetition(s), once every other day.

Use green Elastic.

Hold exercise for 3 Seconds.

Resist shld IR uni w/elastic



- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.

Special Instructions:

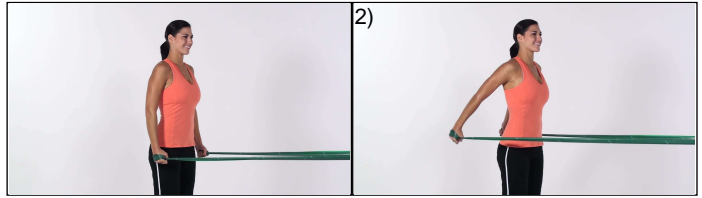
Keep arm at side.

Perform 3 sets of 12 repetition(s), once every other day.

Use green Elastic.

Hold exercise for 3 Seconds.

Resist shld ext bil stand w/elastic



- Secure elastic at waist level as shown.
- Face toward elastic.
- Grasp elastic in hands, and pull backwards, keeping elbows straight.
- Return to start position.

Special Instructions:

Maintain neutral spine in low back.

Perform 3 sets of 12 repetition(s), once every other day.

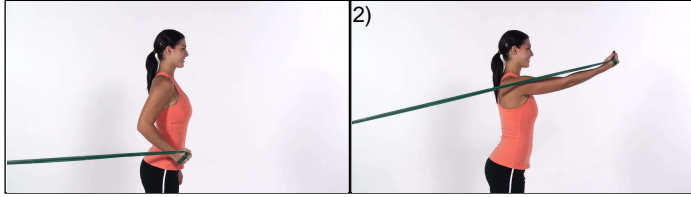
Use green Elastic.

Hold exercise for 3 Seconds.

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Resist shld flx w/sup w/elastic

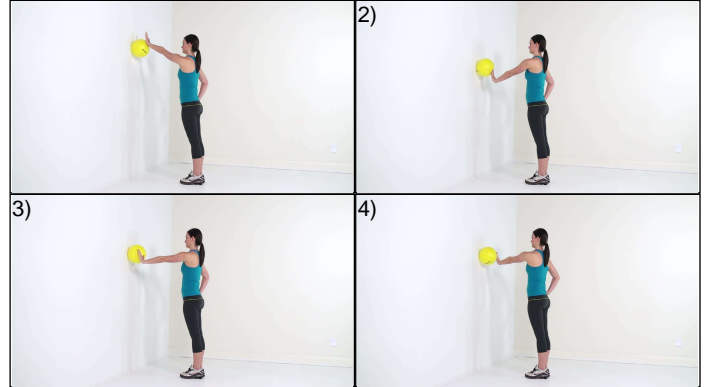


- Attach elastic to secure object at shoulder level.
- Grasp elastic in hand as shown.
- Move arm forward, straightening at elbow and turning palm upward.
- Return to start position and repeat.

Perform 3 sets of 10 repetition(s), once every other day.

Use green Elastic.
Hold exercise for 3 Seconds.

AROM shld circum w/ball



- Hold a ball against the wall with involved arm.
- Keep elbow straight and push firmly on ball.
- Move ball side to side and up and down.

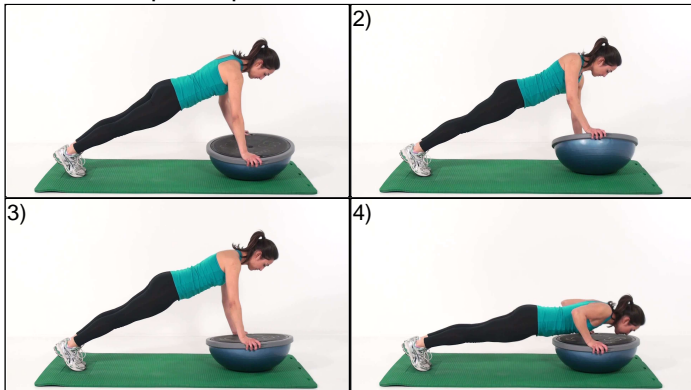
Special Instructions:

Keep arm straight.

Perform 3 sets of 30 second(s), once a day.

Use Ball.
Hold exercise for 30 Seconds.
Rest 30 Seconds between sets.

AROM shld push up tilt w/BOSU®



- Place BOSU domed side down.
- Place balls of feet on floor with straight legs and place hands on sides of BOSU as shown.
- Perform a push up.
- Keep arms straight, tilt BOSU to side, back to level, down to other side, and back to level.
- Lower and repeat.

Perform 3 sets of 30 second(s), once a day.

Use BOSU.
Hold exercise for 30 Seconds.
Rest 30 Seconds between sets.

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