



**Wand External Rotation**

Lying on your back, support your involved arm on a pillow. Holding one end of a stick, use the uninvolved to rotate involved arm away from your body.

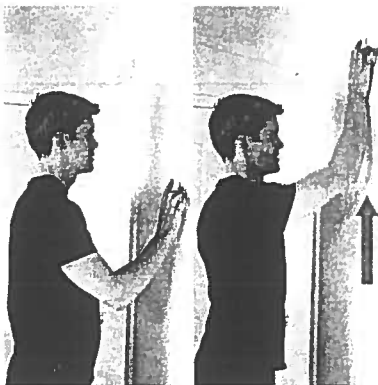
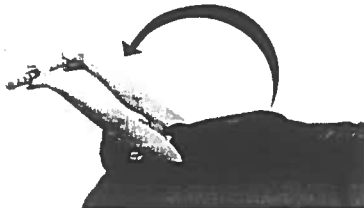
Repeat 10 Times  
Hold 10 Seconds  
Perform 3 Time(s) a Day



**WAND FLEXION - SUPINE**

Lying on your back and holding a wand or cane, slowly raise the wand towards overhead. Use your unaffected arm to assist with the movement.

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



**WALL WALK**

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Lastly, slide your hand back down the wall to the starting position.

Repeat 10 Times  
Hold 5 Seconds  
Perform 3 Time(s) a Day