

Provided by : Agility Physical & Occupational Therapy



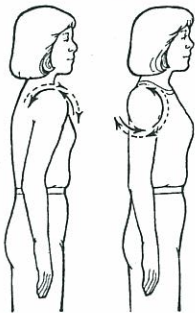
1. Begin with shoulders relaxed
2. Pinch shoulders upward toward ears
3. Hold 1-3 seconds
4. 8-12 repetitions, 3 times per day

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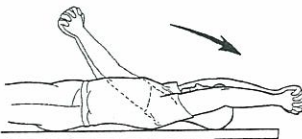
1. Assume position shown, letting arm hang relaxed
2. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up - use only your body movement to begin the motion
3. Repeat, with the arm moving side to side
4. Repeat, with the arm moving in circular patterns, clockwise and counterclockwise
5. 8-12 repetitions, 3 times per day

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1. Begin with shoulders relaxed
2. Slowly rotate shoulders backward
3. Repeat rotating shoulders forward
4. 8-12 repetitions, 3 times per day

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1. Lie on back as shown, clasping hands together
2. Raise both hands overhead, so that you feel a stretch
3. Hold 3-5 seconds
4. 8-12 repetitions, 3 times per day

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