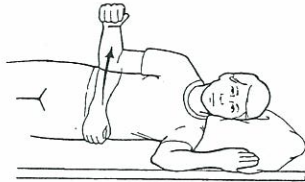
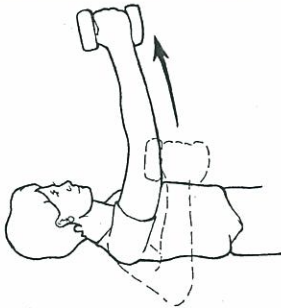


Provided by : Agility Physical & Occupational Therapy



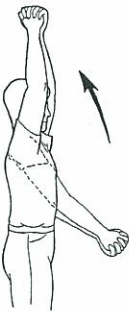
1. Lie on your side
2. Rotate arm upward, keeping elbow bent as shown
3. Hold 1-3 seconds and slowly lower
4. 8-12 repetitions, 3 times per day

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1. Lie on back
2. Begin with elbow bent and fist pointing toward ceiling as shown
3. Extend arm straight upward
4. Hold 1-3 seconds and slowly lower
5. 8-12 repetitions, 3 times per day

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1. Stand, grasping hands together as shown
2. Raise arm up overhead as far as you can, assisting with other arm as needed
3. Hold 1-3 seconds and slowly lower
4. 8-12 repetitions, 3 times per day

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1. Sit in chair as shown
2. With your hands on the arm rests push yourself off of chair
3. Support your body with your legs as needed
4. Hold 3-5 seconds
5. 8-12 repetitions, 3 times per day

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