



### 1: Pendulum: Clockwise / Counter-Clockwise

- BEND OVER AT THE WAIST AND LET YOUR ARM RELAX COMPLETELY.
- SLOWLY SWING YOUR ARM FROM SIDE-TO-SIDE AS ILLUSTRATED

**Sets: 2 Reps: 10 Sessions: 2** Everyday



### 2: Wall Slides

- Stand facing wall
- Slowly slide arm up wall toward ceiling

**Sets: 2 Reps: 10 Sessions: 2** Everyday **Hold Time: 10s**



### 3: Posterior Capsule Stretch

- Place one arm across body, hand resting over opposite shoulder
- Grasp elbow with opposite hand and pull in toward opposite shoulder
- Do not move trunk during motion

**Sets: 2 Reps: 10 Sessions: 2** Everyday **Hold Time: 10s**



### 4: Table Slide - Abduction

- Sit in a chair with table at side
- Rest your injured arm on table
- Gently slide arm across table to side
- Hold

**Sets: 2 Reps: 10 Sessions: 2** Everyday **Hold Time: 10s**



### 5: Pectoralis Stretch

- Stand facing corner of room with feet away from wall (use doorway as substitute)
- Place both arms out to side against wall, elbows bent to 90 degrees with hands at ear height
- Lean body forward until a comfortable stretch is felt
- Hold

**Sets: 2 Reps: 10 Sessions: 2** Everyday **Hold Time: 10s**



### 6: Internal Rotation Towel Stretch

- Pull one arm up behind back by pulling towel toward ceiling with other hand

**Sets: 2 Reps: 10 Sessions: 2** Everyday **Hold Time: 10s**