

Sets: 2 Reps: 10 Sessions: 2 Everyday

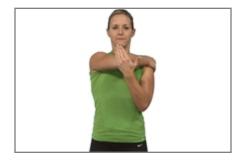
## 1: Pendulum: Clockwise / Counter-Clockwise

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



## 2: Wall Slides

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



#### **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



#### 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

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# 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



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## 6: Internal Rotation Towel Stretch

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

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