

AROM shld elev bil (shld shrugs)

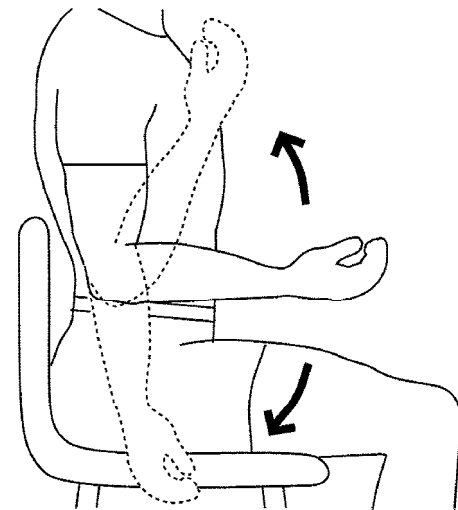
- Stand or sit, raise shoulders upward towards ears.
- Return to start position.

Perform 3 sets of 10 Repetitions,
once a day.

AROM elbow flx/ext

- Begin with arm at side, elbow straight, palm up.
- Bend elbow upward.
- Return to starting position.

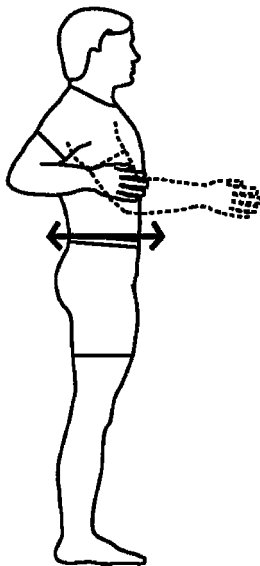
Perform 2 sets of 10 Repetitions,
once a day.



AROM shld flx/ext w/bent elbow (sawing)

- Bend elbow to 90 degrees.
- Move arm back bending elbow more.
- Move arm forward, straightening elbow.
- Repeat.
- The motion resembles a sawing movement.

Perform 2 sets of 10 Repetitions,
once a day.

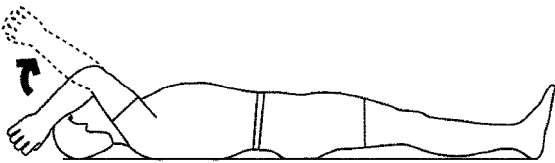


AROM elbow ext supine

- Lie on back.
- Raise arm over head, elbow bent, as shown.
- Straighten arm.
- Return to start position and repeat.

Perform of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

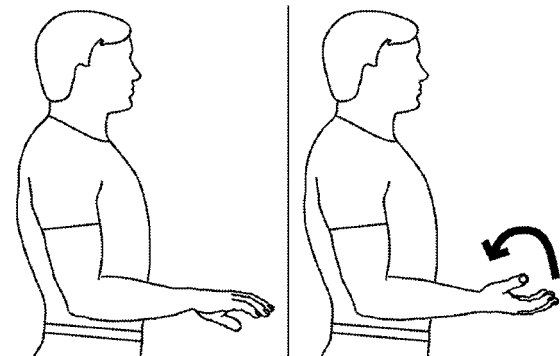
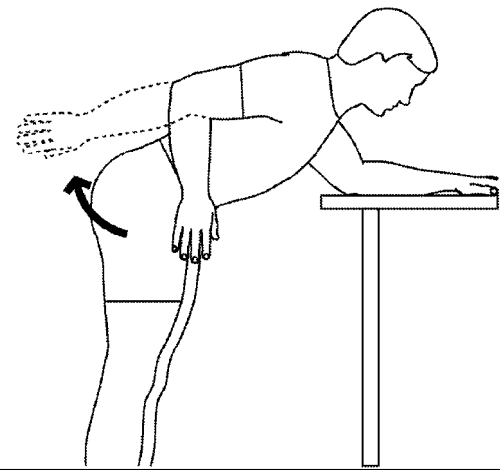


AROM elbow ext stand (triceps kickbacks)

- Stand, leaning over chair or table, arm back, elbow bent, as shown.
- Straighten elbow through available range.
- Return to start position.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



AROM wrist sup/pron

- Stand, arm at side, elbow bent to ninety degrees, palm down.
- Rotate elbow/forearm palm up through available range.
- Return to start position.

Perform 1 set of 10 Repetitions,
once a day.

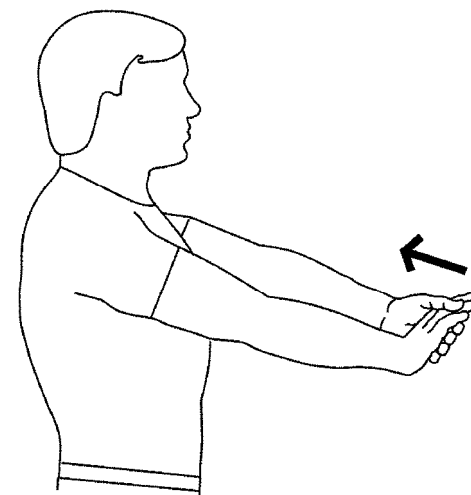
Hold exercise for 5 Seconds.

Stretch wrist flexors straight arm pron

- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

Perform 1 set of 10 Repetitions,
once a day.

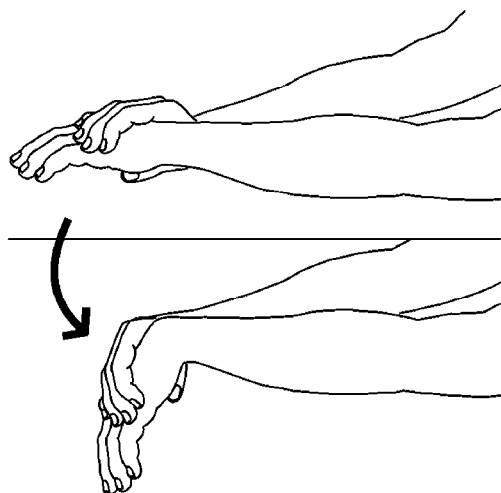
Hold exercise for 10 Seconds.



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Stretch wrist extensors straight arm

- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 10 Repetitions,
once a day.

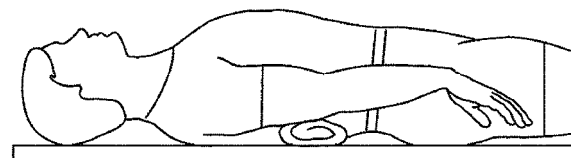
Hold exercise for 10 Seconds.

Stretch elbow ext palm down

- Lie on back, with arm at side, supported on towel, above elbow, as shown.
- Position palm down.
- Relax arm and allow gravity to stretch.

Perform 1 set of 1 Repetitions,
twice a day.

Hold exercise for 5 Minutes.

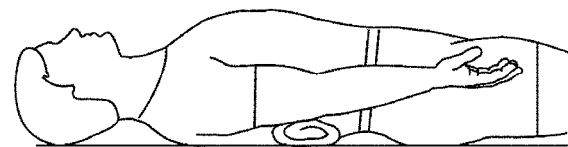


Stretch elbow ext palm up

- Lie on back, with arm at side, supported on towel, above elbow, as shown.
- Position palm up.
- Relax arm and allow gravity to stretch.

Perform 1 set of 1 Repetitions,
twice a day.

Hold exercise for 5 Minutes.

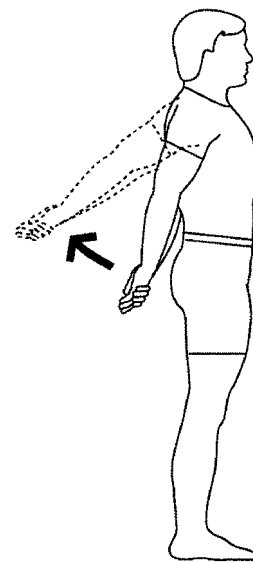


Stretch shld ext bil

- Grasp hands behind back.
- Move arms backward until stretch is felt across front of chest and shoulders.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
once a day.

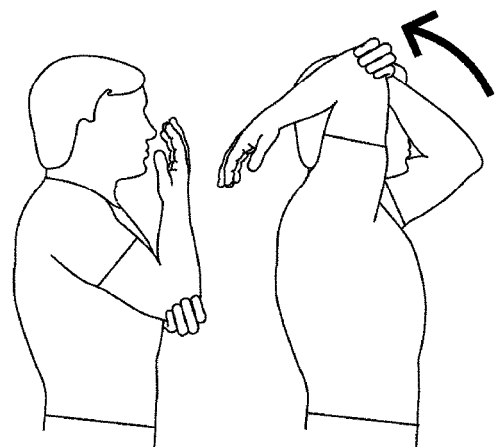
Hold exercise for 10 Seconds.



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Stretch Triceps

- Begin with arm at side.
- Bend elbow of involved arm.
- With other arm, slowly lift arm overhead, keeping elbow bent.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
once a day.

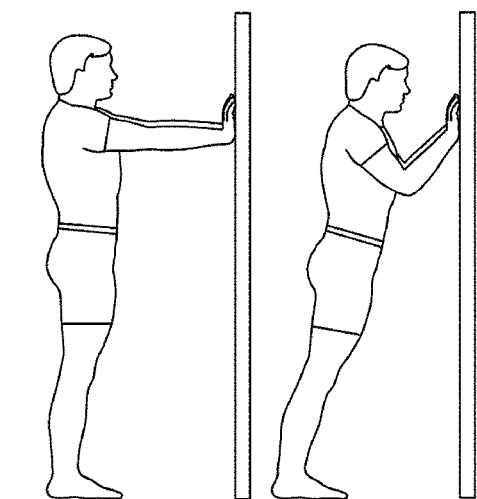
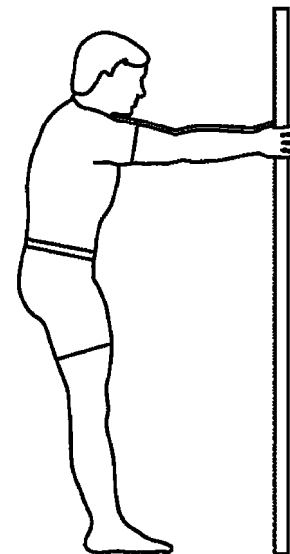
Hold exercise for 10 Seconds.

Stretch Rhomboids stand at door

- Hold onto door jamb or other rigid support with both hands.
- Keep elbows straight and lean back as shown, until a gentle stretch is felt between shoulder blades.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



AROM shld push-ups at wall

- Stand facing wall, about 12-18 inches away.
- Place hands on wall at shoulder height.
- Slowly bend elbows, bringing face to wall.
- Push back up to start position and repeat.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

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