

SHOULDER - 26 ROM: Pendulum (Circular)

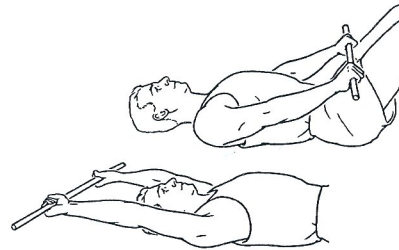
Let arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle 20 times each direction per set.
 Do 1-2 sets per session.
 Do 1 sessions per day.



SHOULDER - 93 ROM: Flexion – Wand (Supine)

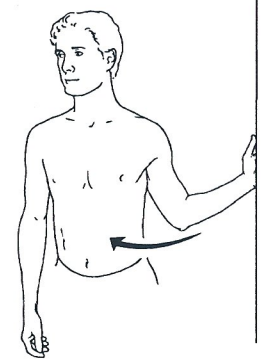
Lie on back holding wand. Raise arms over head. Hold for 10 seconds.
 Repeat 10 times per set.
 Do 1 sessions per day.



SHOULDER - 11 ROM: External Rotation (Alternate)

Keep palm of hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt. Hold 30 seconds.

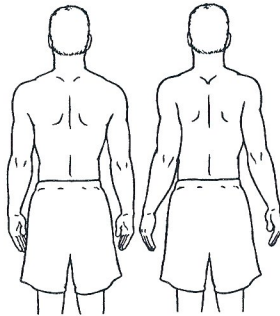
Repeat 3-4 times per set.
 Do 1 sessions per day.



SHOULDER - 101 Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together. Hold for 3-5 seconds then rest.

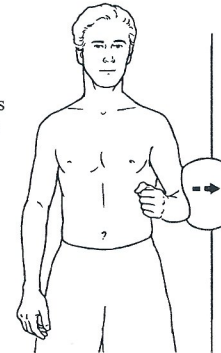
Repeat 15-20 times per set.
 Do 1 sessions per day.



SHOULDER - 32 Strengthening: Isometric Abduction

Using wall for resistance, press arm into pillow using moderate pressure. Hold 5-10 seconds.

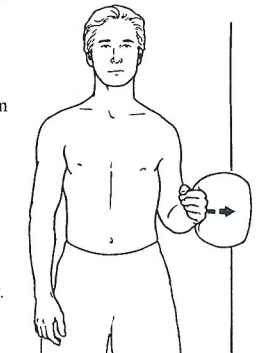
Repeat 10-15 times per set.
 Do 1 sessions per day.



SHOULDER - 36 Strengthening: Isometric External Rotation

Using wall to provide resistance, and keeping arm at side, press back of hand into pillow using moderate pressure. Hold 5-10 seconds.

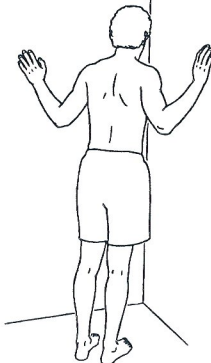
Repeat 10-15 times per set.
 Do 1 sessions per day.



CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet 24-36 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.

Repeat 3 times per set.
 Do 1 sessions per day.



CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds.

Repeat 3 times per set.
 Do 1 sessions per day.



POSITIONING - 6 Posture - Sitting

Sit upright, head facing forward. Try using a roll to support lower back. Keep shoulders relaxed, and avoid rounded back. Keep hips level with knees. Avoid crossing legs for long periods.

