

1



WALL WALK

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Lastly, slide your hand back down the wall to the starting position.

Repeat 10 Times
Hold 3 Seconds
Perform 4 Time(s) a Day

2



PENDULUM SHOULDER LATERAL

Shift your body weight side to side to allow your injured arm to swing side to side freely. Your injured arm should be fully relaxed.

Duration 2 Minutes
Perform 4 Time(s) a Day

3



WAND EXTERNAL ROTATION - SUPINE

Lying on your back and holding a wand, palm face up the injured side and palm face down on the uninjured, push the wand to the side and let your injured shoulder roll outward.

Repeat 10 Times
Hold 3 Seconds
Perform 4 Time(s) a Day

4



CROSS ARM STRETCH

Grasp your elbow and gently pull it across the front of your body.

Repeat 3 Times
Hold 20 Seconds
Perform 4 Time(s) a Day