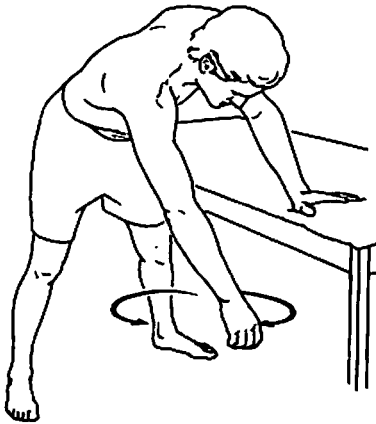


SHOULDER - 26 ROM: Pendulum (Circular)

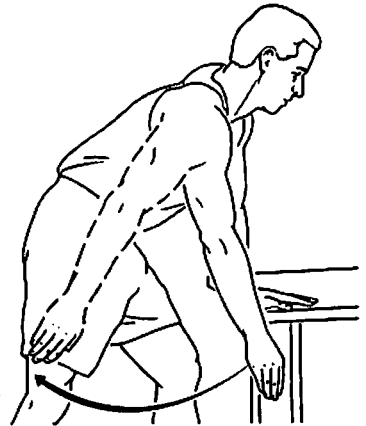
Let left arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 30 times each direction per set.
Do 1 sets per session.
Do 2 sessions per day.

SHOULDER - 97 ROM: Pendulum (Flexion / Extension)

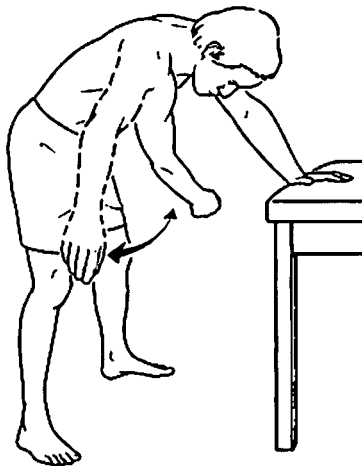
Let left arm hang and use momentum from body to swing arm forward and back. Progress from small to larger swings.



Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per day.

SHOULDER - 28 ROM: Cross (Horizontal Abduction / Adduction)

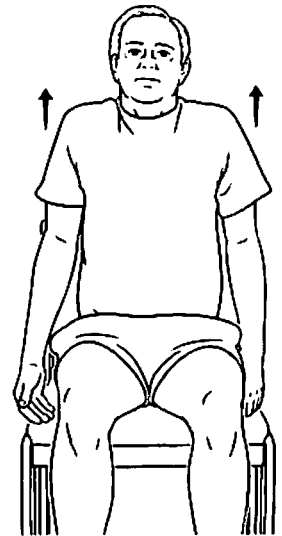
Let arm hang down and sway body from side to side.



Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per day.

SHOULDER - 1 Warm-Up Shrug

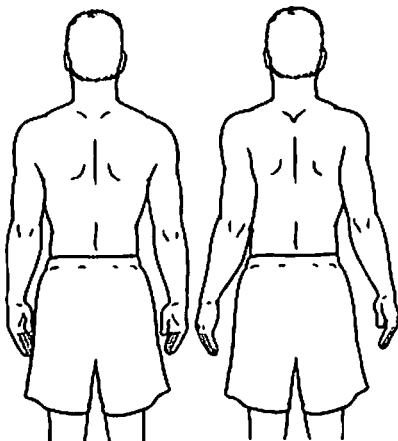
Raise shoulders in an exaggerated manner, then drop them down.



Repeat 30 times.
Do 2 sessions per day.

SHOULDER - 101 Scapular Retraction (Standing)

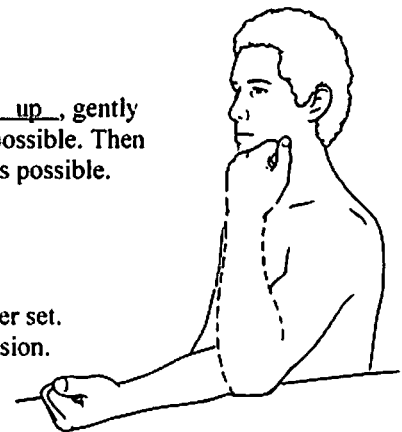
With arms at sides, pinch shoulder blades together.



Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per day.

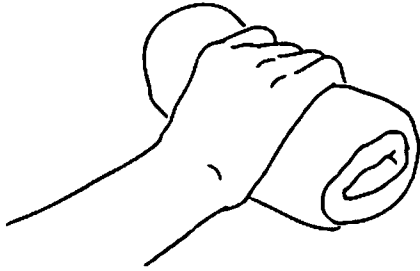
HAND - 39 AROM: Elbow Flexion / Extension

With left hand palm up, gently bend elbow as far as possible. Then straighten arm as far as possible.



Repeat 30 times per set.
Do 1 sets per session.
Do 2 sessions per day.

HAND - 47 Towel Roll Squeeze



With right forearm resting on surface, gently squeeze towel.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

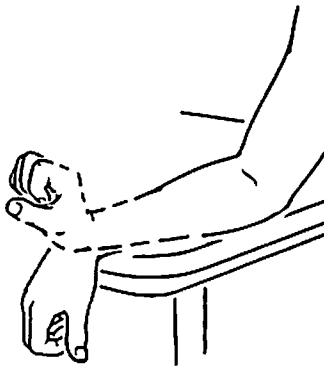
HAND - 41
AROM: Wrist Radial / Ulnar Deviation



Gently bend right wrist from side to side as far as possible.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

HAND - 60 AROM: Wrist Extension



With right palm down, bend wrist up.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.