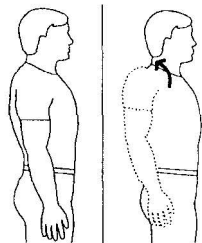


**Exercise Program For:**  
Total Shoulder

**AROM shld elev/retract bil (shld rolls)**



- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld retract bil stand arms at side**



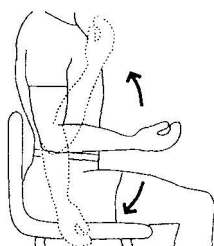
- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM elbow flx/ext**



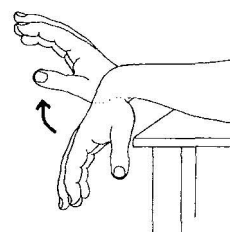
- Sit or stand.
- Begin with arm at side, elbow straight, palm up.
- Bend elbow upward.
- Return to starting position.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM wrist flx/ext palm down**



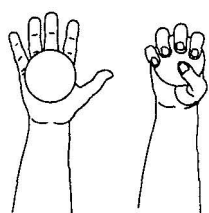
- Place forearm on table with hand off edge of table, palm down as shown.
- Move hand upward.
- Return to starting position.

**Perform 3 sets of 20 Repetitions, once a day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist hand/finger ball squeeze**



- Hold rubber ball or tennis ball in hand.
- Squeeze ball with fingers.
- Relax and repeat.

**Perform 3 sets of 10 Repetitions, once every other day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.