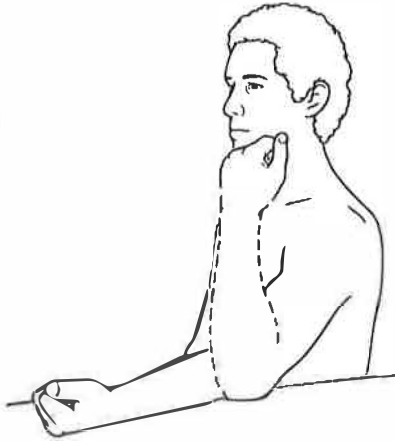


HAND - 3 9AROM: Elbow Flexion / Extension

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

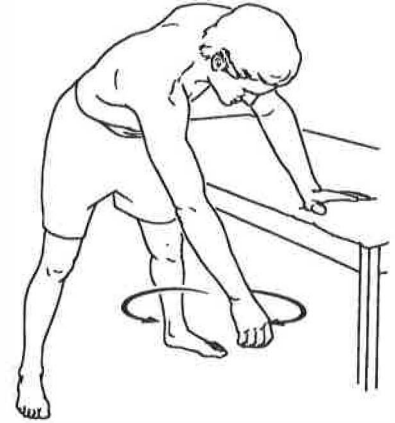
Repeat 10 times
per set.
Do 3 sets
per session.
Do 3 sessions
per day.



SHOULDER - 26 ROM: Pendulum (Circular)

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

Circle 10 times
each direction per set.
Do 3 sets
per session.
Do 3 sessions
per day.



SHOULDER - 25 ROM: Pendulum (Side-to-Side)

Let arm swing
freely from side to side
by rocking body weight
from side to side.

Repeat 10 times per set.
Do 3 sets per session.
Do 3-4 sessions per day.

