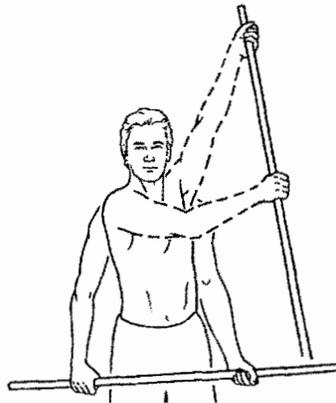


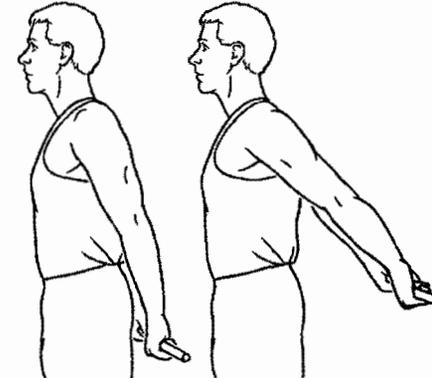
SHOULDER - 2 ROM: Abduction – Wand

Holding wand with hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 5 seconds.



Repeat 5 times per set.
Do 2 sets per session.
Do 2 sessions per day.

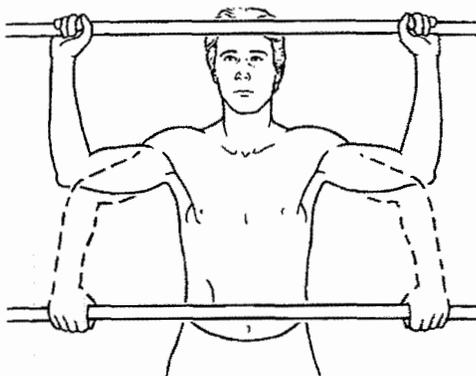
SHOULDER - 94 ROM: Extension – Wand (Standing)



Stand holding wand behind back. Raise arms as far as possible.

Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 4 ROM: External / Internal Rotation – Wand

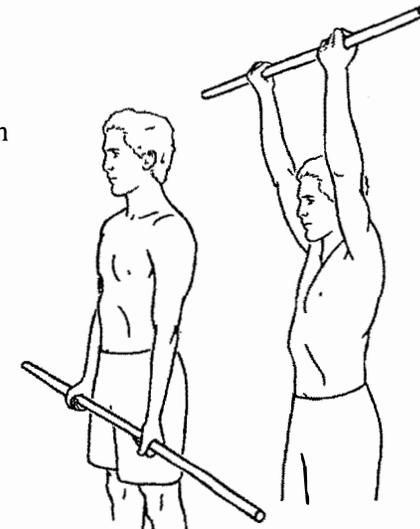


Bring wand up over head, then down toward waistline.
Hold each position 5 seconds.

Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 1 ROM: Flexion – Wand

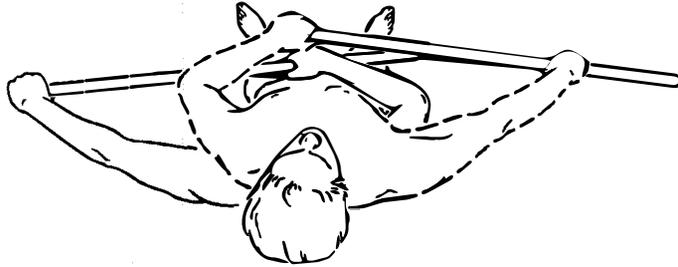
Bring wand directly over head, leading with side. Reach back until stretch is felt.
Hold 5 seconds.



Repeat 5 times per set.
Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 5

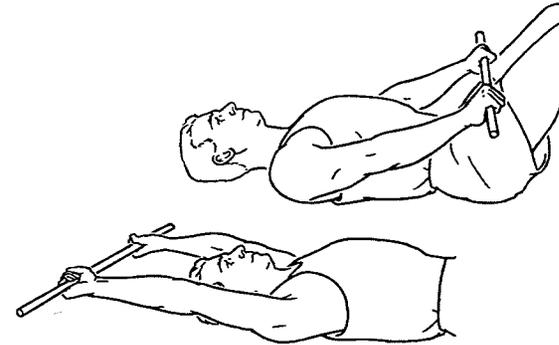
ROM: Horizontal Abduction / Adduction – Wand



Keeping both palms down, push hand across body with other hand. Then pull back across body, keeping arms parallel to floor. Do not allow trunk to twist. Hold 5 seconds.

Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 93 ROM: Flexion – Wand (Supine)

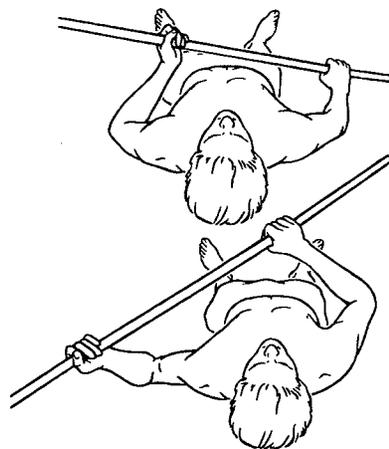


Lie on back holding wand. Raise arms over head.

Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 3 ROM: External / Internal Rotation – Wand

Holding wand with hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, Hold 5 seconds. Repeat to other side, leading with same hand. Keep elbows bent.



Repeat 5 times
per set.
Do 5 sets
per session.
Do 5 sessions
per day.