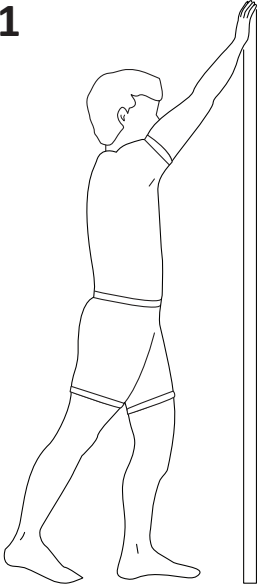


Shoulder Exercises 1 - 4

#1



Exercise 1:

1. Stand facing doorway.
2. Place palm of hand in doorframe.
3. Gently lean into doorway, allowing arm to stretch overhead.
4. Hold stretch for 10 seconds.
5. Repeat 10 times.
6. Perform 3 sessions per day.

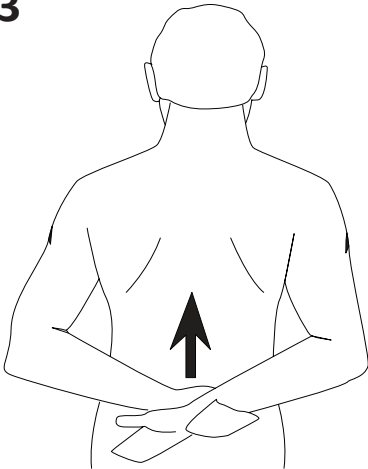
Exercise 2:

1. Position arms in doorway as illustrated.
2. Gently lean into doorway for stretch.
3. Hold stretch for 10 seconds.
4. Repeat 10 times.
5. Perform 3 sessions per day.

#2



#3



Exercise 3:

1. Stretch arm behind back as illustrated.
2. Hold stretch for 10 seconds.
3. Repeat 10 times.
4. Perform 3 sessions per day.

Exercise 4:

Posterior Shoulder Stretch:

1. Stretch arm across the body as shown.
2. Hold stretch for 10 seconds.
3. Repeat 10 times.
4. Perform 3 sessions per day.

#4

