



1 – PENDULUM CIRCLES - CODMAN

Shift your body weight in circles to allow your arm to swing in circles freely.

View this video at www.HEP.video and enter video # VV8HY5VPJ

Duration 30 Seconds

Complete 1 Set

Perform 3 Times a Day



2 – SUPINE SHOULDER FLEXION

Lie on your back with elbow bent by your side. Punch arm straight up into the air. Raise up overhead and then back down towards legs.

Repeat 10 Times

Complete 1 Set

Perform 3 Times a Day

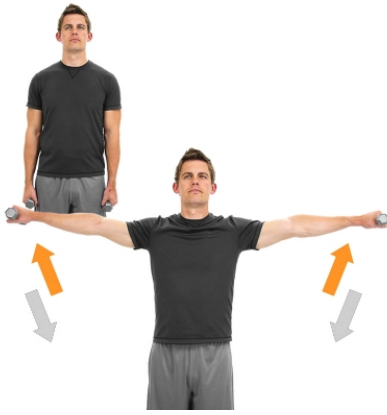


3 – SUPINE ABDUCTION

While lying on your back place your affected arm by your side. WITH YOUR PALM UP, slide your arm towards your head.

Repeat 10 Times

Perform 3 Times a Day



4 – BILATERAL ABDUCTION IN NEUTRAL - LATERAL RAISE

With your elbows straight, raise your arms up from your side with the palms facing downward. Lower and repeat.

Do not go over shoulder level height.

View this video at www.HEP.video and enter video # VVJ6TAW4L

Repeat 10 Times

Complete 1 Set

Perform 3 Times a Day



5 – UPRIGHT ROW

Start by holding a hand towel with both hands at waist height. Next, lift the towel to chest height as you bend at your elbows.

Repeat 10 Times

Complete 1 Set

Perform 2 Times a Day