

YOUR DVD CODE: 677 - 339 - 953 - 708 - 861 - 779

1: 677 - Pendulum: Clockwise/ Counter-Clockwise



- Bend forward with one arm hanging down
- Relax shoulder
- Swing arm in a circle going clockwise and counter clockwise

Sets: 1 Sessions: 2 Everyday Hold Time: 1 min

2: 339 - Supine Flexion with Cane



- Lie on back and grasp cane in front of body
- Slowly raise arms away from body toward head

Sets: 1 Reps: 1 minute Sessions: 2 Everyday Hold Time: 2s

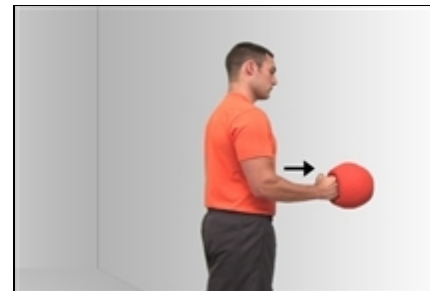
3: 953 - Supine Horizontal Abduction with Cane



- Lie on back, grasp cane in front of body
- Push one arm straight out to the side

Sets: 1 Reps: 1 minute Sessions: 2 Everyday Hold Time: 2s

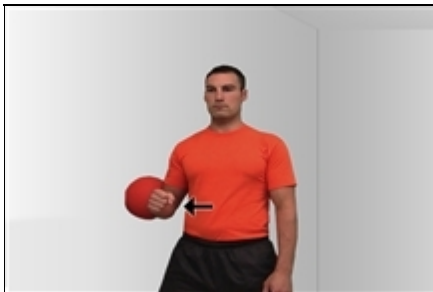
4: 708 - Isometric Flexion at Wall



- Stand facing wall with elbow bent and fist on pillow or ball
- Push fist into pillow or ball
- Your arm should not move

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 2s

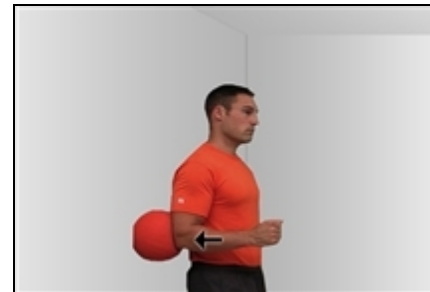
5: 861 - Isometric Abduction at Wall



- Stand with side facing wall
- Elbow bent on pillow or ball
- Push elbow into pillow or ball
- Your arm should not move

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 2s

6: 779 - Isometric Extension at Wall



- Stand with back toward wall
- Elbow bent on pillow or ball
- Push elbow into pillow or ball
- Your arm should not move

Sets: 2 Reps: 10 Sessions: 2 Everyday Hold Time: 2s