

YOUR DVD CODE: 677 - 339 - 615 - 832 - 178

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

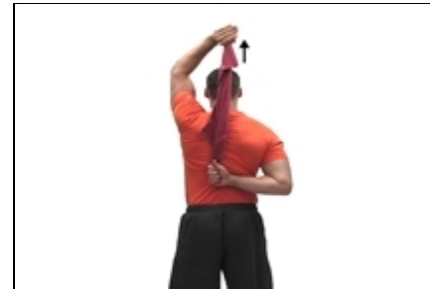
3: 615 - Posterior Capsule Stretch



- Place one arm across body
- Grasp elbow with opposite hand and pull elbow toward opposite shoulder

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

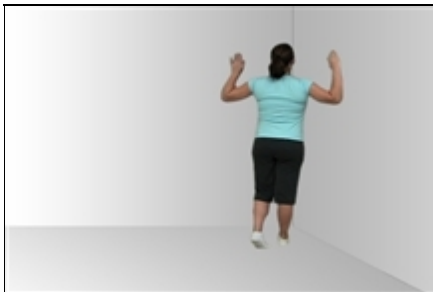
4: 832 - Internal Rotation Towel Stretch



- Pull one arm up behind back by pulling towel toward ceiling with other hand

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

5: 178 - Pectoralis Stretch



- Stand facing corner of room with feet away from wall
- Place both arms against wall
- Lean forward until a stretch is felt

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