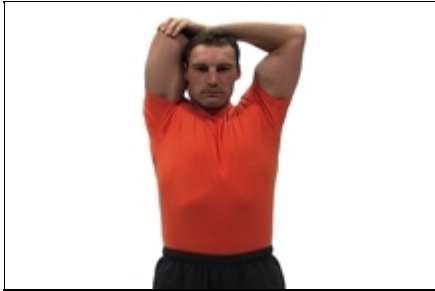


**YOUR DVD CODE: 665 - 615 - 832 - 178**

**1: 665 - Inferior Capsule Stretch**



- Bend one elbow up behind head
- Grasp elbow with opposite hand and pull elbow toward head

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

**2: 615 - Posterior Capsule Stretch**



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

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

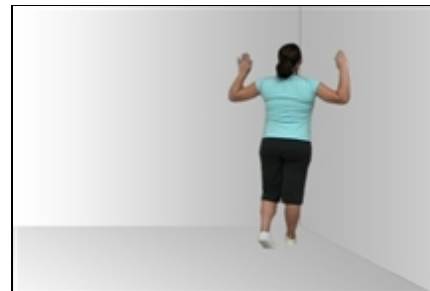
**3: 832 - Internal Rotation Towel Stretch**



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

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

**4: 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 Sessions: 2 Everyday Hold Time: 10s Side: Right