

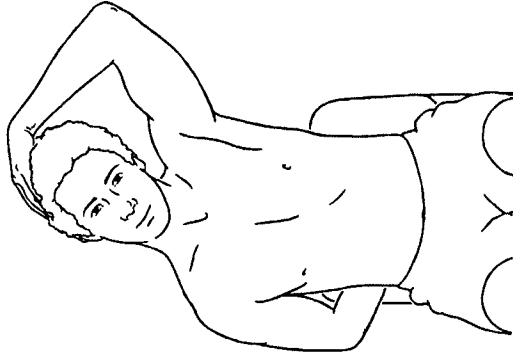
Shoulder Shrugs



Shrug shoulders backward, pinching shoulder blades together. Hold position 10 seconds.

Repeat 5 times.
Do 4-6 sessions per day.

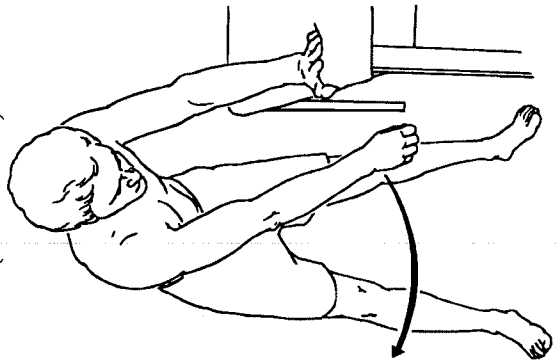
CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 10-15 seconds.

Repeat 5 times per each side.
Do 5 sets per session.
Do 4-6 sessions per day.

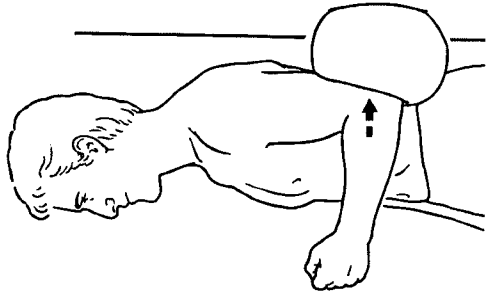
SHOULDER - 25 ROM: Pendulum (Side-to-Side)



Let arm swing freely from side to side by rocking body weight from side to side.

Repeat 5 times per set.
Do 3-4 sessions per day.

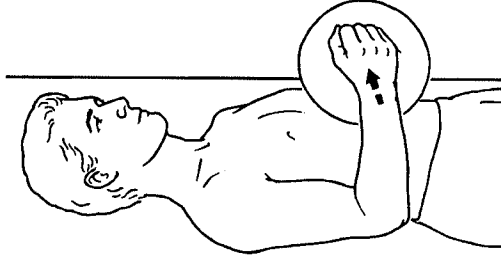
SHOULDER - 31 Strengthening: Isometric Extension



Using wall for resistance, press back of arm into ball using light pressure. Hold 10 seconds.

Repeat 5 times per set.
Do 3-4 sessions per day.

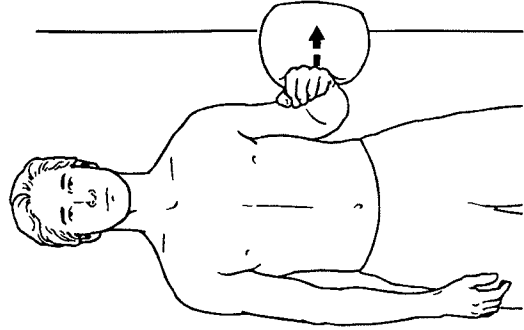
SHOULDER - 37 Strengthening: Isometric Internal Rotation



Using door frame for resistance, press palm of hand into ball using light pressure. Keep elbow in at side. Hold 10 seconds.

Repeat 5 times per set.
Do 3-4 sessions per day.

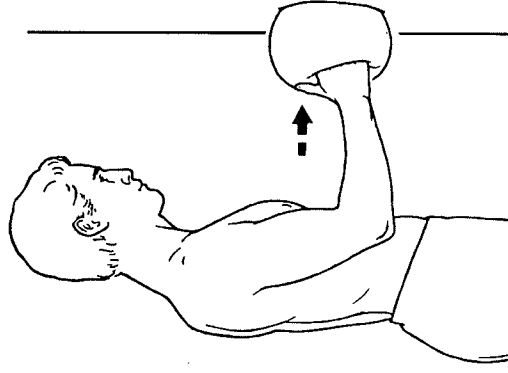
SHOULDER - 36 Strengthening: Isometric External Rotation



Using wall to provide resistance, and keeping arm at side, press back of hand into ball using light pressure. Hold 10 seconds.

Do 5 sets per session.
Do 3-4 sessions per day.

SHOULDER - 29 Strengthening: Isometric Flexion



Using wall for resistance, press fist into pillow using moderate pressure. Hold 10 seconds.

Repeat 5 times per set.
Do 3-4 sessions per day.