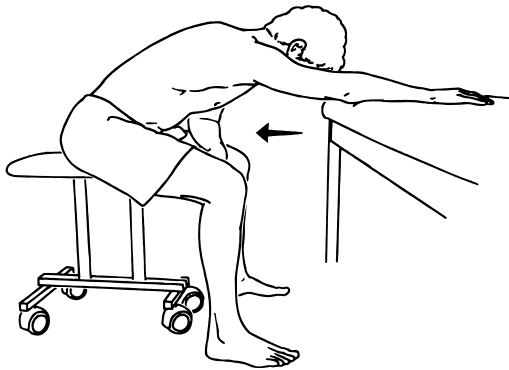


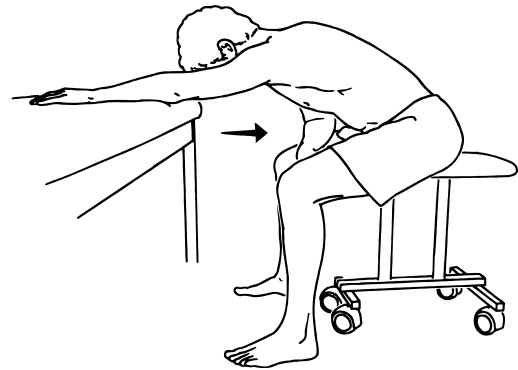
SHOULDER - 7 ROM: Flexion



Keeping right arm on table, slide body away until stretch is felt. Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 7 ROM: Flexion



Keeping left arm on table, slide body away until stretch is felt. Hold \_\_\_\_\_ seconds.

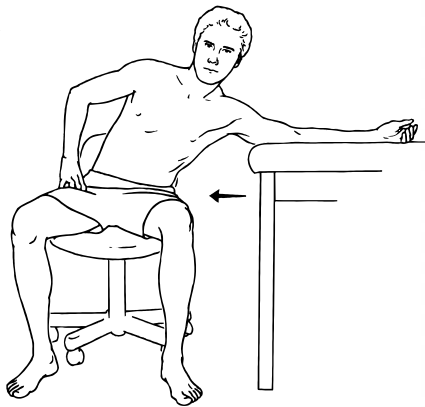
Repeat \_\_\_\_\_ times per set. Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 9 ROM: Abduction

With left arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

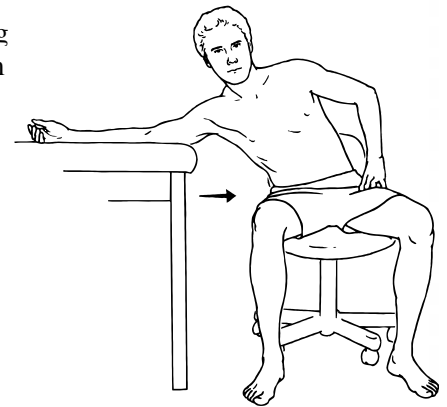


SHOULDER - 9 ROM: Abduction

With right arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

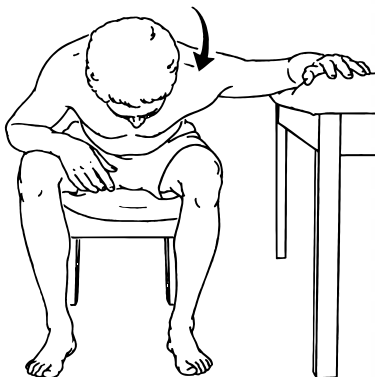


SHOULDER - 10 ROM: External Rotation

Keeping left forearm palm down on table, bend forward at waist until stretch is felt.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

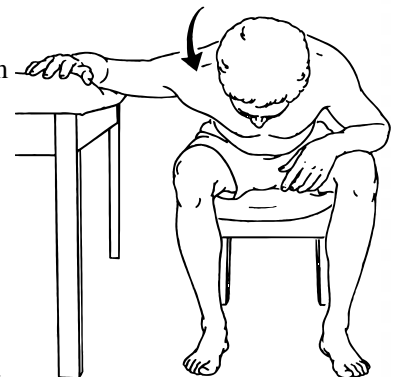


SHOULDER - 10 ROM: External Rotation

Keeping right forearm palm down on table, bend forward at waist until stretch is felt.

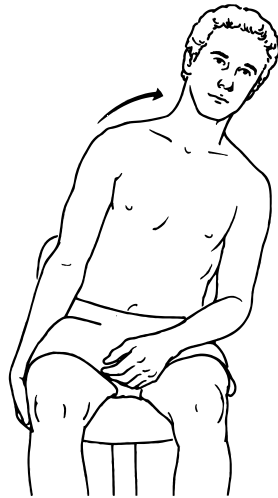
Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.



SHOULDER - 13 ROM: Caudal Glide

Hold edge of chair firmly with right hand. Lean trunk away from stabilized arm.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 13 ROM: Caudal Glide

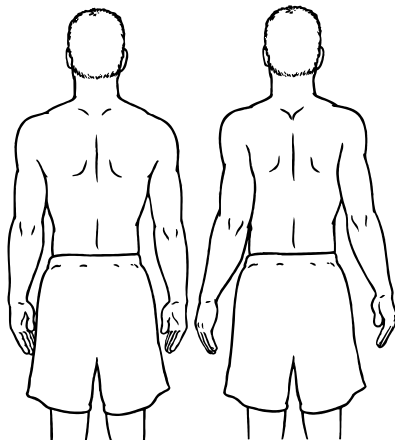
Hold edge of chair firmly with left hand. Lean trunk away from stabilized arm.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 101 Scapular Retraction (Standing)

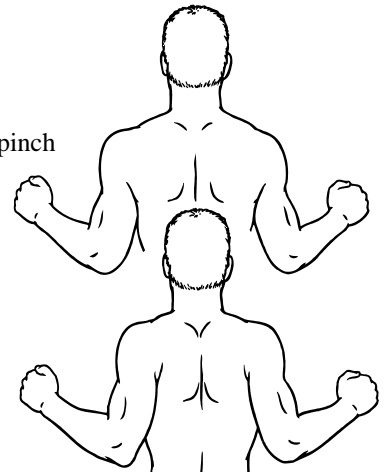
With arms at sides, pinch shoulder blades together.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 103 Scapular Retraction: Elbow Flexion (Standing)

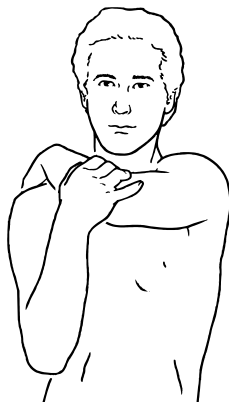
With elbows bent to 90°, pinch shoulder blades together and rotate arms out, keeping elbows bent.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

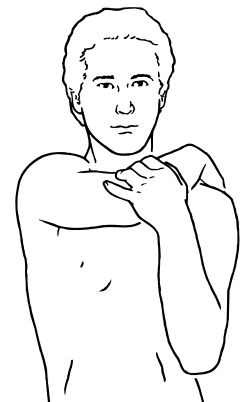
Gently pull on left forward elbow with other hand until stretch is felt in shoulder.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

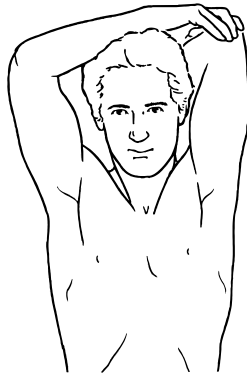
Gently pull on right forward elbow with other hand until stretch is felt in shoulder.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 71 ROM: Inferior Capsule Stretch

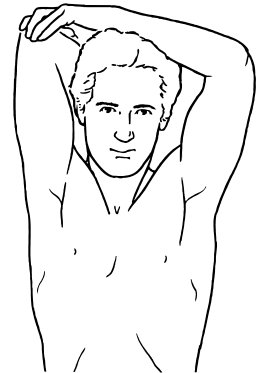
Gently pull on left raised elbow with other hand until stretch is felt in shoulder.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 71 ROM: Inferior Capsule Stretch

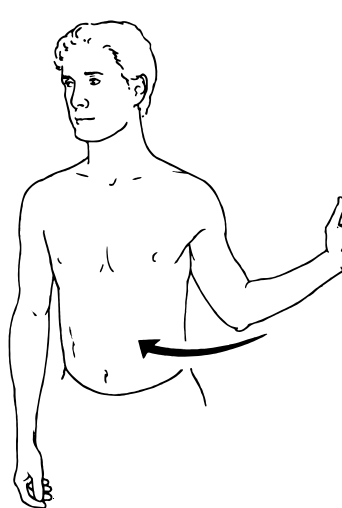
Gently pull on right raised elbow with other hand until stretch is felt in shoulder.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

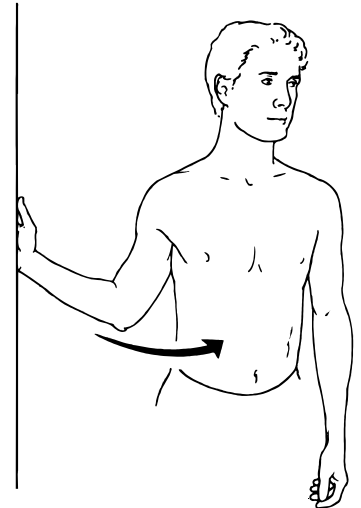
Keep palm of left hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

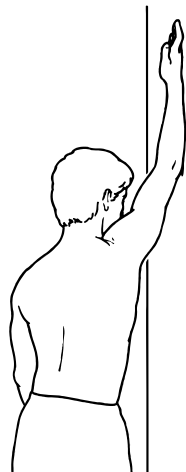
Keep palm of right hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt.  
Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

Slide right arm up wall, with palm out, by leaning toward wall. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

Slide left arm up wall, with palm out, by leaning toward wall. Hold \_\_\_\_\_ seconds.



Repeat \_\_\_\_\_ times per set.  
Do \_\_\_\_\_ sets per session.  
Do \_\_\_\_\_ sessions per day.