

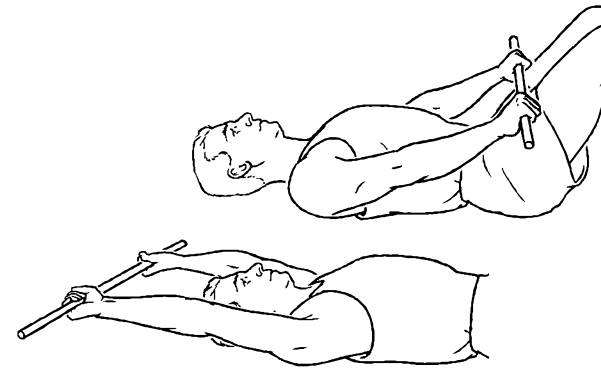
SHOULDER - 26 ROM: Pendulum (Circular)

Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle _____ times each direction per set.
Do _____ sets per session.
Do _____ sessions per day.



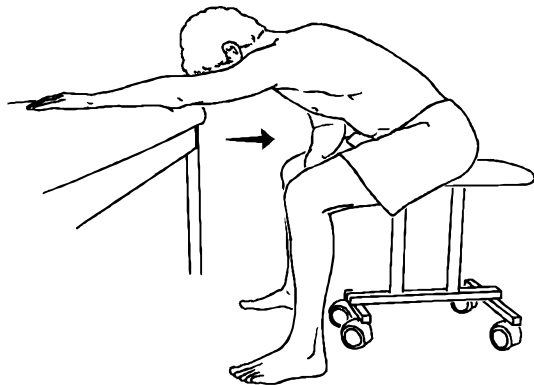
SHOULDER - 93 ROM: Flexion – Wand (Supine)



Lie on back holding wand. Raise arms over head.

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 - 3 ROM: External / Internal Rotation – Wand

Holding wand with left hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, hold _____ seconds. Repeat to other side, leading with same hand. Keep elbows bent.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

