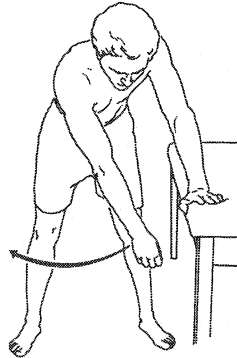




SHOULDER - 25 ROM: Pendulum (Side-to-Side)

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



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

SHOULDER - 26 ROM: Pendulum (Circular)

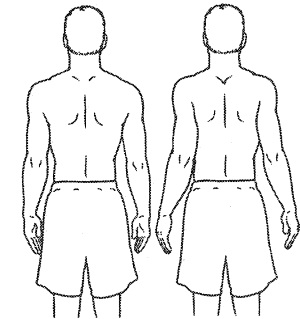
Let **right** arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



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

SHOULDER - 101 Scapular Retraction (Standing)

With arms at sides, pinch shoulder blades together.



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

CERVICAL SPINE - 22A Strengthening: Shoulder Shrug (Phase 1)

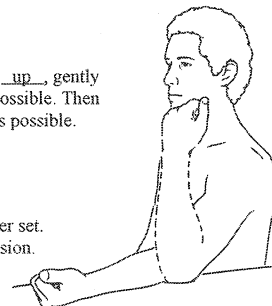
Shrug shoulders up and down, forward and backward.



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

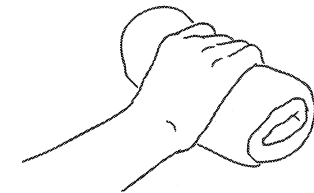
HAND - 39 AROM: Elbow Flexion / Extension

With **right** hand palm up, gently bend elbow as far as possible. Then straighten arm as far as possible.



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

HAND - 47 Towel Roll Squeeze



With **right** forearm resting on surface, gently squeeze towel.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.