



Hold a resistance band with both hands at about chest height, keeping your elbows straight or slightly bent. Keep your shoulders relaxed and avoid shrugging.

Slowly pull the band apart by moving your hands outward and squeezing your shoulder blades together. Pause briefly, then slowly return to the starting position.





Stand upright with your arms by your sides and thumbs pointing upward. Slowly raise your arms at about a 30–45° angle forward from your sides, forming a “V” shape.



Lift only to a comfortable height, typically around shoulder level. Keep your shoulders relaxed and avoid shrugging. Slowly lower your arms back to the starting position.



Stand facing a wall and place both hands against it at shoulder height. Keep your body straight and your shoulders relaxed.



Slowly bend your elbows and lean your chest toward the wall. Push through your hands to return to the starting position.



Attach a resistance band at about elbow height. Stand with your affected arm closest to the anchor point.



Bend your elbow to 90° and keep it tucked close to your side. Slowly rotate your forearm outward, pulling the band away from your body. Keep your elbow by your side and your shoulder relaxed. Slowly return to the starting position.



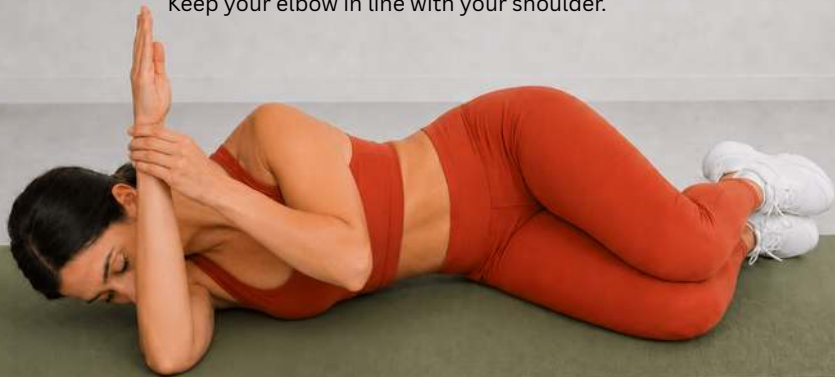


Stand with your affected arm bent to 90°, keeping your elbow tucked close to your side.

Place the back of your hand against a wall or another stable surface. Gently press the back of your hand outward against the surface, as if trying to rotate your arm away from your body.

Hold the contraction for 5–10 seconds, without actually moving the arm.

Lie on your affected side with your shoulder and elbow bent to 90°.  
Keep your elbow in line with your shoulder.



Use your opposite hand to gently press the affected forearm toward the bed or floor.  
Stop when you feel a gentle stretch in the back of the shoulder.  
Hold for 20–30 seconds, then relax.

