

Stand beside a table or chair. Rest your good hand on the surface for balance.
Bend forward slightly at your hips and waist. Keep your back relaxed and straight.
Let your injured or stiff arm dangle straight down toward the floor like a limp noodle.



Do not use your shoulder muscles. Instead, gently rock your body or shift your weight between
your legs to make the arm swing.
Move the arm in small circles (clockwise and counter-clockwise) about the size of a dinner plate.





Place your forearm flat against the door wall.
Bend your elbow at a 90-degree angle with your
upper arm at shoulder height.
Lower your elbow slightly if you feel sharp pain
in the front of your shoulder.
Step forward gently with one foot through the
doorway.
Lean your chest forward until you feel a mild
pull across the front of your chest.
Keep your body upright and do not arch your
lower back.
Hold the stretch for 30 seconds.
Repeat 2 to 3 times on each side.



Anchor a resistance band to a secure object or doorway at waist or elbow height. Stand sideways to the anchor point with the target arm on the outside. Bend your elbow at a 90-degree angle.



Place a small rolled-up towel between your elbow and your ribs to keep your upper arm stable. Hold the band with your thumb pointing up. Slowly rotate your forearm outward away from your body, keeping your elbow glued to your side. Return slowly and with control back to the starting position.



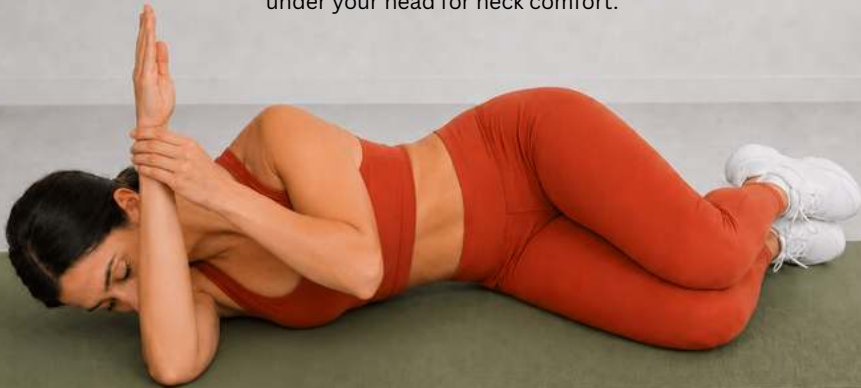


Stand facing a smooth wall with your feet about a foot away from it. Place your forearms and palms flat against the wall at shoulder height. Bend your elbows at a 90-degree angle.



Slowly slide your forearms straight up the wall as high as you can.
Form Check: Keep your core tight, ribs down, and avoid shrugging your shoulders toward your ears. Do not let your forearms or elbows lose contact with the wall.
Slowly slide your arms back down to the starting position.

Lie on the affected shoulder with your body stacked straight. Place a firm pillow under your head for neck comfort.



Bring your affected arm straight out in front of your chest perpendicular to your body, then bend your elbow to a 90-degree angle so your fingers point toward the ceiling.

Use your top (unaffected) hand to gently press the wrist of the bottom arm down toward the floor or bed.

Stop pressing immediately when you feel a mild-to-moderate, comfortable stretch deep in the back of your shoulder.



Do not force it into sharp pain or a pinching sensation in the front of the shoulder.

Hold the position for 20 to 30 seconds, then slowly release.

Secure a resistance band around a stable anchor point at waist height. Hold the ends of the band in both hands and step back until your arms are straight and feel light tension. Keep your elbows tucked close to your ribs.



Pull the band backward while squeezing your shoulder blades together as if holding a pencil between them. Hold the squeeze for 2 seconds. Slowly return to the starting position over 3 to 5 seconds.

