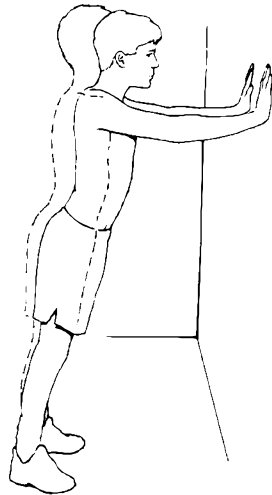


UPPER EXTREMITY - 1  
Wall Shoulder Press-Out

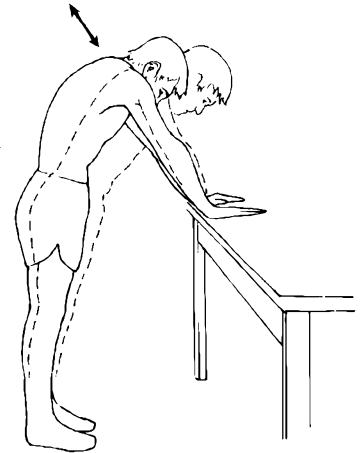
With palms flat on wall, shoulder-width apart, and elbows straight, press shoulders back. Return.



Repeat 20-30 times for 3 Sets or for 2 minutes. Do 1 sessions per day.

UPPER EXTREMITY - 4  
Standing Shoulder Motion

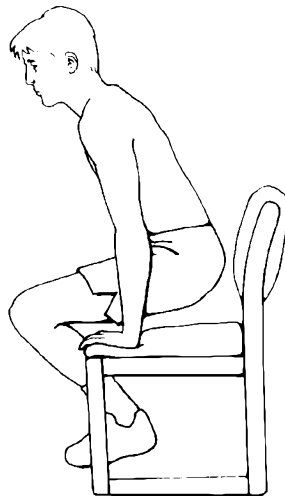
With hands shoulder-width apart on table top, raise, then lower shoulders.



Repeat 20-30 times for 3 Sets or for 2 minutes. Do 1 sessions per day.

UPPER EXTREMITY - 12  
Sitting Press-Up

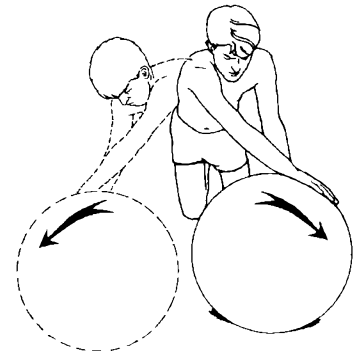
Sitting on chair with palms flat on seat, slump forward a bit. Push up so bottom comes off chair.



Repeat 20-30 times for 3 Sets or for 2 minutes. Do 1 sessions per day.

UPPER EXTREMITY - 26  
Kneeling Horizontal Abduction/Adduction

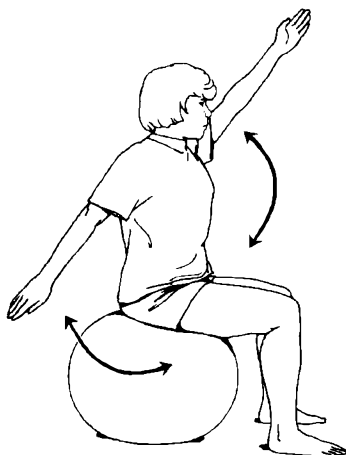
Keeping arms extended, roll ball from side to side, stretching shoulders. Hold 1-2 seconds each side.



Repeat 30 times per set. Do 3-4 sets per session. Do 1 sessions per day. DO BOTH ARMS

SPINE - 2  
Sitting Arm Swing

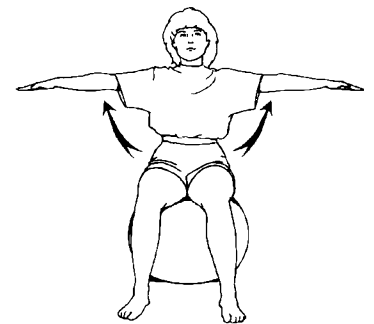
Swing arms forward and backward.



Repeat 50 times per set. Do 3-4 sets per session. Do 1 sessions per day.

SPINE - 4  
Sitting Bilateral Arm Abduction

Raise arms out to side.



Repeat 30-40 times per set. Do 3-4 sets per session. Do 1 sessions per day.