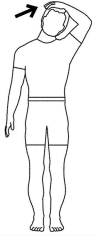


Upper trapezius stretch

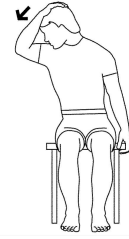


- Sit or stand.
- Place hand on top of head.
- Keep head facing forward and gently pull head sideways as shown.
- Repeat with other side.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Levator scap stretch



- Sit on chair
- Grasp seat with the hand on the side of the tightness.
- Place your other hand on head and gently pull down and diagonally to other side.

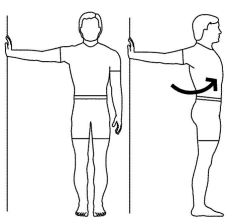
Special Instructions:

Look in the direction you are pulling.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Side Pectoral stretch

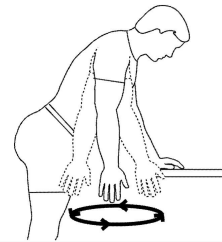


- Stand with arm on doorway as shown.
- Gently turn away, keeping back straight.
- Return to start position and repeat.
- Repeat with other arm.

Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Shoulder pendulum

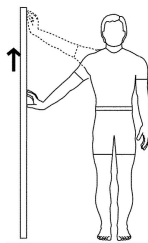


- Lean over table as shown, supported by uninvolved arm.
- Allow involved arm to hang freely.
- Use trunk movement to swing arm in circles, side to side, and front to back, as shown.

Perform 2 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

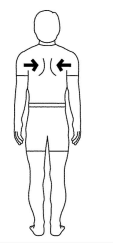
Shoulder finger side walk up



- Stand, involved side to wall.
- Place hand on wall at hip level.
- Using your fingers, walk your arm upward through available range, and walk back down.

Perform 1 set of 5 Repetitions, once a day.

Double scap squeeze



- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 2 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Exercises are typically listed in order from least difficult to most difficult. Start with the first 2-4 exercises. If they are not challenging, skip further down the document and perform more challenging exercises. Exercises and stretches can be uncomfortable, but should not be painful. Spend no more than 10 minutes a day on these exercises, but try to do them daily.

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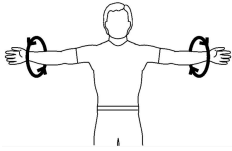
These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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Arm circles



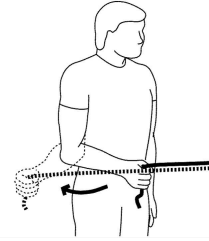
- Begin with arms straight out from body as shown.
- Move arms in circles.
- Alternate clockwise and counter-clockwise.

Perform 4 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic external rotation



- Attach elastic to secure object at elbow height.
- Sit or stand, uninvolved side toward elastic.
- With arm at side, elbow bent, grasp elastic and pull arm outwards as shown.
- Return to starting position.

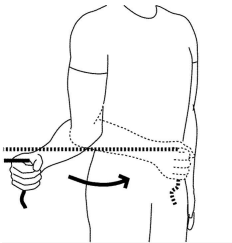
Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic internal rotation



- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.

Special Instructions:

Keep arm at side.

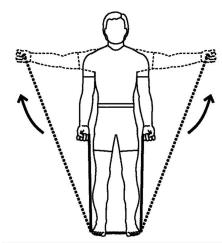
Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic double lateral raise



- Stand on elastic.
- Hold elastic in both hands.
- Begin with arms at sides.
- Position palms forward.
- Keep elbows straight and lift arms to shoulder level.
- Slowly lower and repeat.

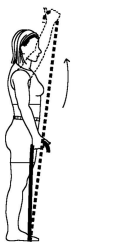
Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic single front arm raise, thumb up



- Stand on elastic.
- Begin with arm at side, elbow straight, thumb up.
- Grasp elastic.
- Raise arm in front over head, keeping elbow straight.
- Slowly return to starting position.

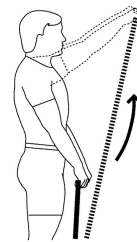
Perform 2 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Elastic double front arm raise palm down



- Stand on elastic.
- Begin with arm in front of hips, elbows straight, palms down.
- Grasp elastic in hands.
- Raise arms in front over head, keeping elbows straight.
- Slowly return to starting position.

Special Instructions:

Keep back straight.

Perform 2 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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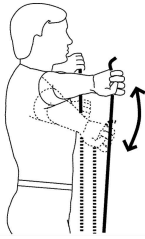
These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

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Elastic double supra lift



- Secure elastic under foot.
- Hold arms out from sides at 45 degrees as shown.
- Hold elastic in hands with thumbs down.
- Lower and raise arms.

Special Instructions:

Do not raise past shoulder level.

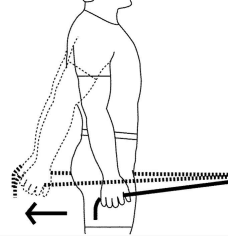
Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Tubing double straight arm pull back



- Secure elastic at waist level as shown.
- Face toward elastic.
- Grasp elastic in hands, and pull backwards, keeping elbows straight.
- Return to start position.

Special Instructions:

Maintain neutral spine in low back.

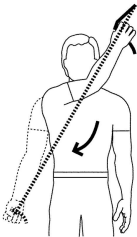
Perform 3 sets of 10 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

D1 extension



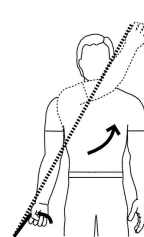
- Attach elastic to secure object as shown.
- Grasp elastic with hand at opposite shoulder, palm inward.
- Pull arm down and across body, ending in palm backward.
- Slowly return to start position and repeat.

Perform 1 set of 10 Repetitions, once a day.

Use green Elastic.

Perform 1 repetition every 4 Seconds.

D1 flexion



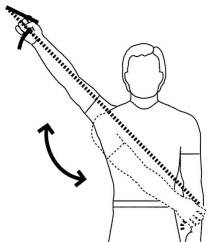
- Secure elastic to secure object at floor level.
- Sit or stand, arm at side.
- Grasp elastic in hand, palm backward.
- Lift arm upward and across body to opposite shoulder, bending elbow, ending with palm inward.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions, once a day.

Use green Elastic.

Perform 1 repetition every 4 Seconds.

D2 extension



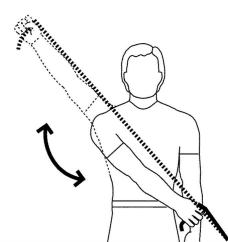
- Attach elastic to secure object above head level.
- Begin with arm up and out from side as shown.
- Grasp elastic, palm forward and pull down and across.
- End with hand at opposite hip, palm inward.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions, once a day.

Use green Elastic.

Perform 1 repetition every 4 Seconds.

D2 flexion



- Attach elastic to secure object at floor level.
- Begin with arm crossed over trunk, holding elastic, palm inward, at opposite hip.
- Raise arm up and diagonally across, ending with palm facing outward.
- Slowly return to start position and repeat.

Special Instructions:

Do not twist at trunk.

Perform 1 set of 10 Repetitions, once a day.

Use green Elastic.

Perform 1 repetition every 4 Seconds.

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