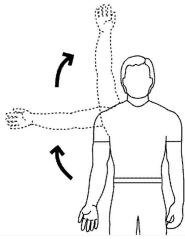


AROM shld abd uni



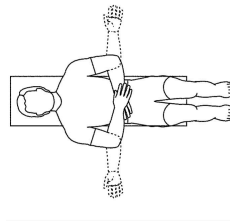
- Begin with arm at side, elbow straight, palm forward.
- Raise arm upward, out to side and over head.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld ER/IR supine w/foam roll



- Lie on back, with arms at sides.
- Bend elbows to 90 degrees.
- Move hands in across trunk.
- Move hands outward.
- Repeat.

Special Instructions:

Keep elbows next to sides.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld ext uni



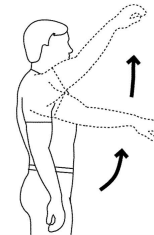
- Stand with arm at side.
- Extend arm backward, keeping elbow straight.
- Return and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld flx uni



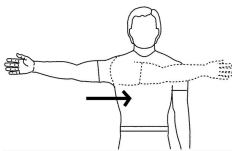
- Begin with arm at side, elbow straight, palm down.
- Raise arm in front, above head.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld horiz abd/add stand



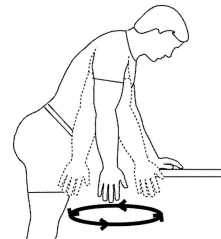
- Sit or stand with arm at 90 degrees, out from side, palm forward.
- Move arm across body in front, as shown.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld pendulum



- Lean over table as shown, supported by uninvolved arm.
- Allow involved arm to hang freely OR with weight (no greater than 5lbs).
- Use trunk movement to swing arm in circles, side to side, and front to back, as shown.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.