

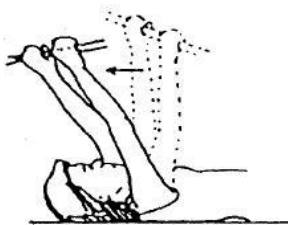
Pendulum exercise: Bend forward and allow your arm to hang free, then gently begin to swing your body and arm in a circular motion.

Do __ Counts Repeat __ times

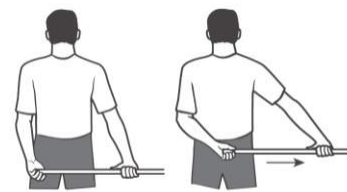


Cross Body Adduction: Use the opposite arm to pull your affected arm as far as possible across your body. This stretches the posterior shoulder and is particularly important for throwers and overhead athletes.

Hold __ sec Repeat __ times

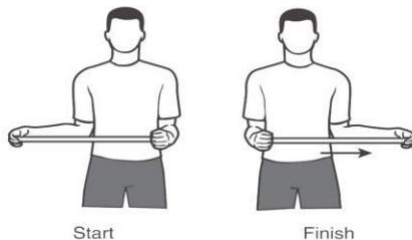


Supine Forward Elevation: Lying on your back, use your opposite arm to raise your affected arm overhead. (Use a stick, cane, or pipe if needed to assist with this motion.) Do for __ counts and Repeat __ times.



Hold a stick behind your back with one hand, and lightly grasp the other end of the stick with your other hand. Pull the stick horizontally as shown so that your shoulder is passively stretched to the point of feeling a pull without pain.

Hold for 30 seconds and then relax for 30 seconds Repeat on the other side.



Grasp the stick with one hand and cup the other end of the stick with the other hand. Keep the elbow of the shoulder you are stretching against the side of your body and push the stick horizontally as shown to the point of feeling a pull without pain. Hold for 30 seconds and then relax for 30 seconds. Repeat on the other side.



Face a wall and place your hand flat on the wall. Use your fingers to crawl or drag your arm up the wall, pulling the arm upwards. Do for __ counts and Repeat __ times



Drop a towel or rope over your shoulder and grasp it with the injured hand. Use your other arm to pull the affected arm upwards. (This will improve your internal rotation.)



Hands Behind the Head Stretch

Lie on your back. Place your hands behind your head as shown in the top picture. Slowly lower the elbows to stretch the shoulder toward the position shown in the bottom picture of figure one. Hold this position for ten seconds, then return to the starting position. Do ten repetitions, two times a day.