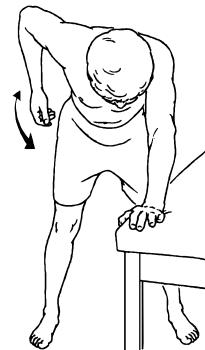




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Saw (Protraction / Retraction)

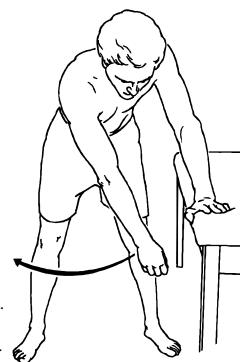
Reach right arm out in front, then pull arm back, pinching shoulder blades together.



Repeat 25 times per set.
Do 1 sets per session.
Do 1 sessions per day.

Pendulum (Side-to-Side)

Let left arm swing freely from side to side by rocking body weight from side to side.



Repeat 25 times per set.
Do 1 sets per session.
Do 1 sessions per day.

Pendulum (Circular)

Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 25 times each direction per set.
Do 1 sets per session.
Do 1 sessions per day.

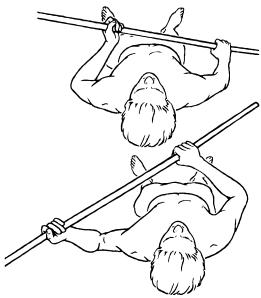
External / Internal Rotation – Wand

Holding wand with left hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, Hold 3 seconds. Repeat to other side, leading with same hand. Keep elbows bent.

Repeat 20 times per set.

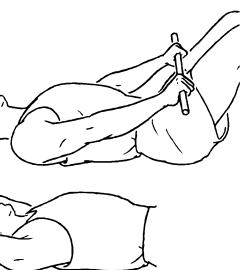
Do 1 sets per session.

Do 1 sessions per day.



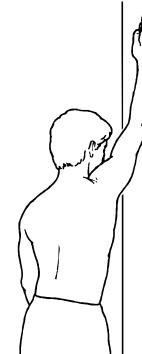
Flexion – Wand (Supine)

Lie on back holding wand. Raise arms over head.
Repeat 20 times per set. Do 1 sets per session.
Do 1 sessions per day.



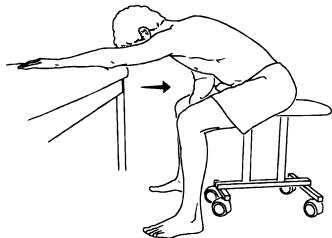
Flexion (Alternate)

Slide right arm up wall, with palm out, by leaning toward wall. Hold 10 seconds.



Repeat 20 times per set.
Do 1 sets per session.
Do 1 sessions per day.

Range of Motion: Flexion



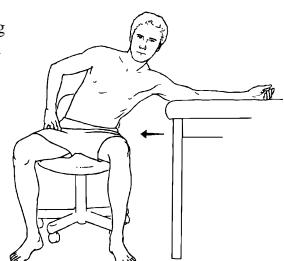
Keeping right arm on table, slide body away until stretch is felt. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

Range Of Motion: Abduction

With right arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 10 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.



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