



Braintree: 340 Wood Road, Suite 303 781-535-6053  
Weymouth: 541 Main St Suite 203 781-340-1480  
Plymouth: 45 Resnik Road 508-340-1480  
Boston/North Station: 30 Lancaster Street 617-367-4700

#### 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.



#### Saw (Protraction / Retraction)

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

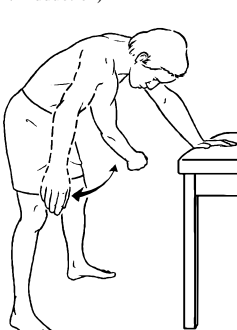
Repeat 25 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



#### Cross (Horizontal Abduction / Adduction)

Reach right arm across body as far as possible, then pull arm out from side.

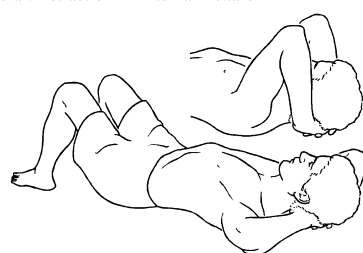
Repeat 25 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



#### Scapular: Retraction in External Rotation

With hands clasped behind head, elbows up, pull elbows back, pinching shoulder blades together.

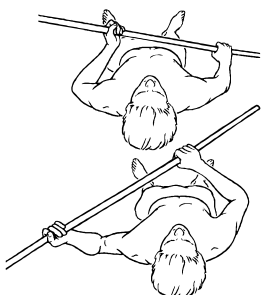
Repeat 10 times per set. Do 2 sets per session.  
Do 1 sessions per day.



#### 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.

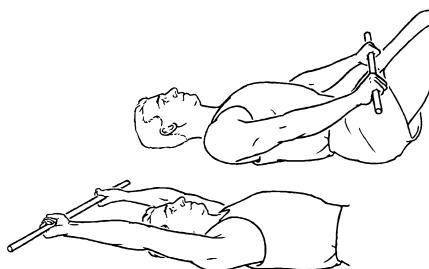
Repeat 20 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.



#### 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.



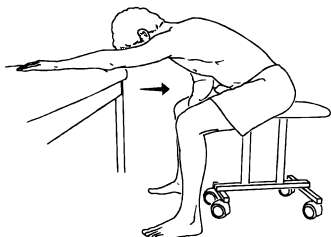
#### Flexion (Alternate)

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



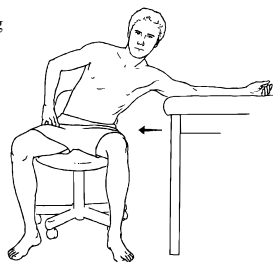
Keeping right arm on table, slide body away until stretch is felt. Hold 10 seconds.

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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