



CODMANS

While standing, bend at the hips so your back is parallel to the floor. Hold on to a table or chair with the uninvolved arm to maintain balance. Rock the body causing the involved arm to gently swing. Perform 20x clockwise; 20x counter-clockwise. Perform 20x front-to-back.

Repeat 20 Times

Perform 2 a Day

SCAPULAR RETRACTIONS

Move your shoulder blades back and down. Hold, relax and repeat.

Repeat 15 Times
Complete 1 Set

Hold 2 Seconds
Perform 2 Times a Day

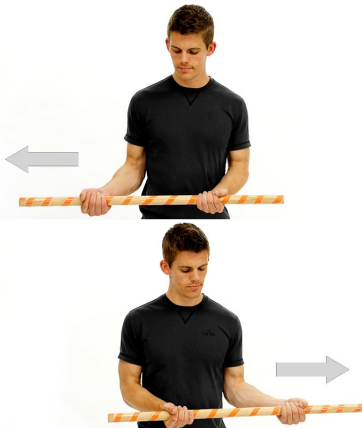


WAND ROTATION - STANDING IR ER

In the standing position, hold a wand/cane with both hands keeping your elbows bent. Move your arms and wand/cane side-to-side. Your affected arm should be partially relaxed while your unaffected arm performs most of the effort.

Repeat 15 Times
Complete 1 Set

Perform 2 Times a Day



ELBOW FLEXION EXTENSION STRETCH

Grasp your wrist and bend it upwards for a stretch and hold. Then, lower back down and stretch it straight and hold. Repeat.

Repeat 15 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



SLING - WRIST FLEXION EXTENSION

Bend your wrist up and down as shown while your arm is in the sling.

Repeat 20 Times
Complete 1 Set

Hold 1 Second
Perform 2 Times a Day



TOWEL GRIP

Place a rolled up towel in your hand and squeeze.

Repeat 15 Times
Complete 1 Set

Hold 2 Seconds
Perform 2 Times a Day

