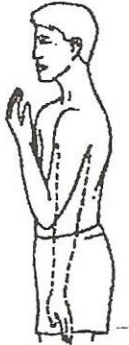




Provided for :

Provided by : Bula Adhya

Date : . . .



"AVOID MOVING YOUR SHOULDER ACTIVELY!!!"

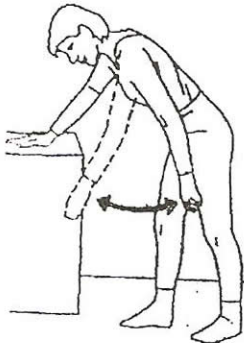
Remember to take your sling off every couple of hours for your Finger, wrist and elbow exercises

Stand.

Bend your elbow and then straighten your elbow.

Repeat times.

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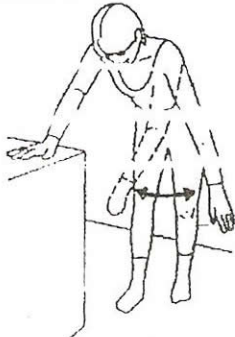


Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm forwards and backwards.

Repeat times.

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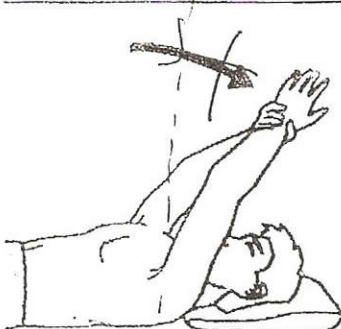


Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm to your left and then to your right.

Repeat times.

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Lying on your back with elbows straight.

Use one arm to lift the other arm up keeping it as close to the ear as possible. DO NOT Go Past 90°.

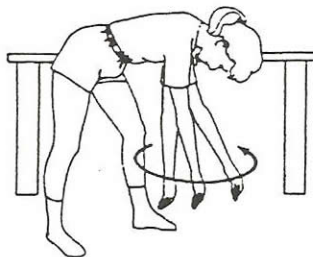
Repeat times.

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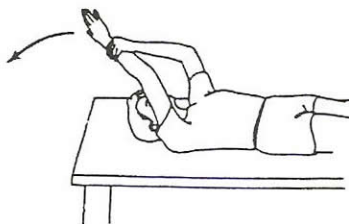


PASSIVE ASSISTED SHOULDER EXERCISES

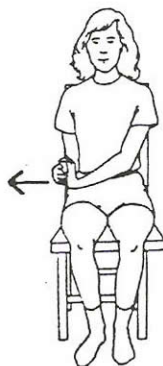
PENDULAR EXERCISES



FORWARD FLEXION



EXTERNAL ROTATION



INTERNAL ROTATION

