

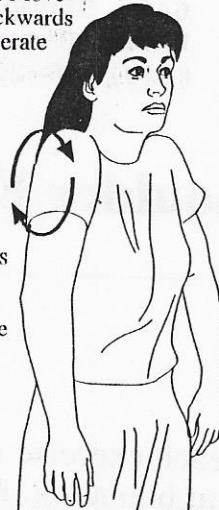
SHOULDER ROLL

1. Roll shoulders forward. Repeat _____ times.
2. Roll shoulders backwards. Repeat _____ times.



SHOULDER SHRUG

1. Raise shoulders to ears while keeping arms at sides. Move shoulders backwards in slow, deliberate circles.
2. Repeat with forward motion. Do this _____ times. Hold one to three pound weights if you can complete three times a day with no pain.



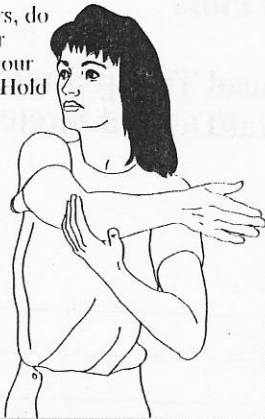
PENDULUM SWINGS

1. While bending slightly at the waist, let arms hang naturally. Form slow deliberate clockwise circles, starting with small rotations and growing to wide circles.
2. Repeat in counter-clockwise motion. Do this _____ times.



ACROSS THE CHEST

1. While standing or sitting, use your left arm to hold the bent elbow of your right arm. Gently pull your right arm across your chest until you feel a good stretch.
2. If pain occurs, do not pull your arm across your chest so far. Hold for _____ seconds. Do this _____ times.



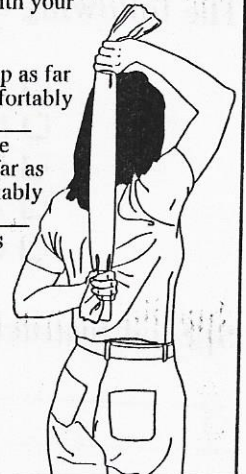
CLIMB THE WALL

1. Stand with your side next to the wall and have your fingertips touch the wall. Slowly "walk" your fingers up the wall until you feel a good stretch of your shoulder muscles.
2. Once your armpit is as close to the wall as is comfortable, hold for _____ seconds. Do this _____ times.



TOWEL PULLS

1. While standing, hold a towel in your right hand and toss the other end of the towel over the same shoulder, catching the other end with your left hand.
2. Pull the towel up as far as you can comfortably and hold for _____ seconds. Pull the towel down as far as you can comfortably and hold for _____ seconds. Do this _____ times up and down.



SAW

1. Bend elbow slightly and hold forearm parallel to the floor. Move arm back and forth, as if sawing.
2. Start slowly and progress to full swinging motion. Do this _____ times.



OVERHEAD TRICEP

1. Raise right arm. Pull right elbow with left hand. Hold for _____ seconds.
2. Repeat with other arm. Do this _____ times.



PECTORAL/DELTOID

1. Keeping chest out and chin in, lift arms behind you until you feel stretch in arms, shoulder or chest. Hold for _____ seconds. Do this _____ times.

