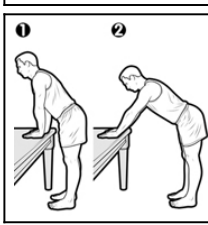
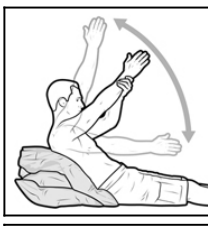
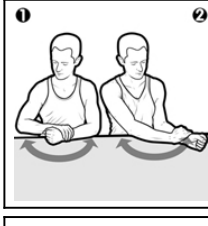
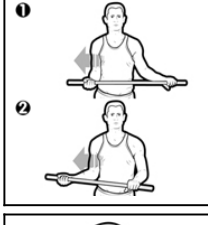


	<p>PASSIVE SHOULDER FLEXION</p> <p>Sit with your forearm resting on a table with your shoulder relaxed (1). Use your unaffected arm to slide your arm forwards as far as possible (2). Slide your arm back and repeat.</p> <p>SETS & REPS: 5-10 reps</p> <p>FREQUENCY: 2-3 x day</p>
	<p>ACTIVE-ASSISTED SHOULDER FLEXION</p> <p>Stand with your hands on a table (1). Slowly walk your body back, bending at your waist, to flex your shoulder (2). Slowly return to the start position and repeat.</p> <p>SETS & REPS: 5-10 reps</p> <p>FREQUENCY: 2-3 x day</p>
	<p>INCLINE SHOULDER FLEXION</p> <p>Place a number of pillows under your back so you are sitting on an incline or lean back on a couch. Raise your injured arm at a right angle to your body, using your opposite arm to assist. Keep your elbow straight and gently move your arm downwards.</p> <p>SETS & REPS: 5-10 reps</p> <p>FREQUENCY: 2-3 x day</p>
	<p>PASSIVE SHOULDER ROTATION</p> <p>Sit with your forearm resting on a table with your shoulder relaxed. Using your unaffected arm and pivoting from the elbow, rotate your forearm along the table to the right (1) and left (2), as far as possible (2). Repeat.</p> <p>SETS & REPS: 5-10 reps</p> <p>FREQUENCY: 2-3 x day</p>
	<p>ACTIVE-ASSISTED SHOULDER EXTERNAL ROTATION</p> <p>Standing or sitting while holding a pole (e.g. cane / broom handle) in both hands with your elbows bent to 90° (1), slowly rotate your affected arm out to the side while keeping your elbow at your side (2). Rotate your arm until you feel a stretch, assisting the movement with your unaffected arm. Hold for 5 seconds then slowly return to the start position and repeat.</p> <p>SETS & REPS: 5-10 reps</p> <p>FREQUENCY: 2-3 x day</p>
	<p>INTERNAL ROTATION STRETCH WITH TOWEL</p> <p>Drape a towel over your shoulder, grasping each end, with one arm in front and one behind your body. Slowly pull your front arm down, sliding your arm behind your back towards your head until you feel a stretch. Hold.</p> <p>SETS & REPS: 5-10 reps</p> <p>FREQUENCY: 2-3 x day</p>
	<p>SHOULDER PENDULUMS</p> <p>Supporting yourself on a table, lean forward and let your arm hang down loosely. Generating movement from your hips, gently swing your arm forwards and backwards.</p> <p>SETS & REPS: 20-30 sec</p> <p>FREQUENCY: As needed</p>