When exercising, remember:

→ Take deep breaths during and after each exercise and after each set of exercises. Complete 2-3 sets x 10 reps daily.
→ Follow exercise directions as listed
→ Notify your therapist if you have any questions or concerns
→ Do not force movements that cause pain or discomfort. Discontinue exercise if experiencing increased cramping, pain or discomfort.
→ Do not hold your breath while exercising

**Scapular Elevation and Depression**

→ Raise your shoulders up toward your ears
→ Now press your shoulders down, away from your ears.

Repetitions: ___ ___ times per day

**Scapular Retraction**

→ Squeeze your shoulder blades toward your spine bring your shoulders back with your chest forward.

Repetitions: ___ ___ times per day
**Shoulder Flexion**

→ Start with your arm by your side.
→ Slowly lift your hand toward the ceiling with your elbow straight.
→ Slowly bring your arm back down by your side with your elbow straight.

Repetitions: ___ ___ times per day

**Elbow Flexion/Extension**

→ Start with your arm straight at shoulder level.
→ Bend your elbow and bring your hand slowly toward your opposite shoulder and then push it out.

Repetitions: ___ ___ times per day

**Wrist Flexion/Extension**

→ Lift your fingers toward the ceiling, bending at the wrist.
→ Keep your forearm and elbow still at your side.
→ Lower your fingers to point toward the floor.

Repetitions: ___ ___ times per day
**Finger Flexion/Extension**

- Begin with your elbow at your side with a 90° angle.
- Start with your fingers in an open position.
- Slowly curl your fingers in to create a fist and hold.
- Straighten your fingers back into an open position.

Repetitions: ___ ___ times per day

**Finger Opposition**

- Start with your fingers in an open position.
- Slowly touch the tip of your thumb to each of your other fingers.
- Hold tip of thumb to tip of each finger for 2–3 seconds.
- Straighten your fingers back into an open position.

Repetitions: ___ ___ times per day