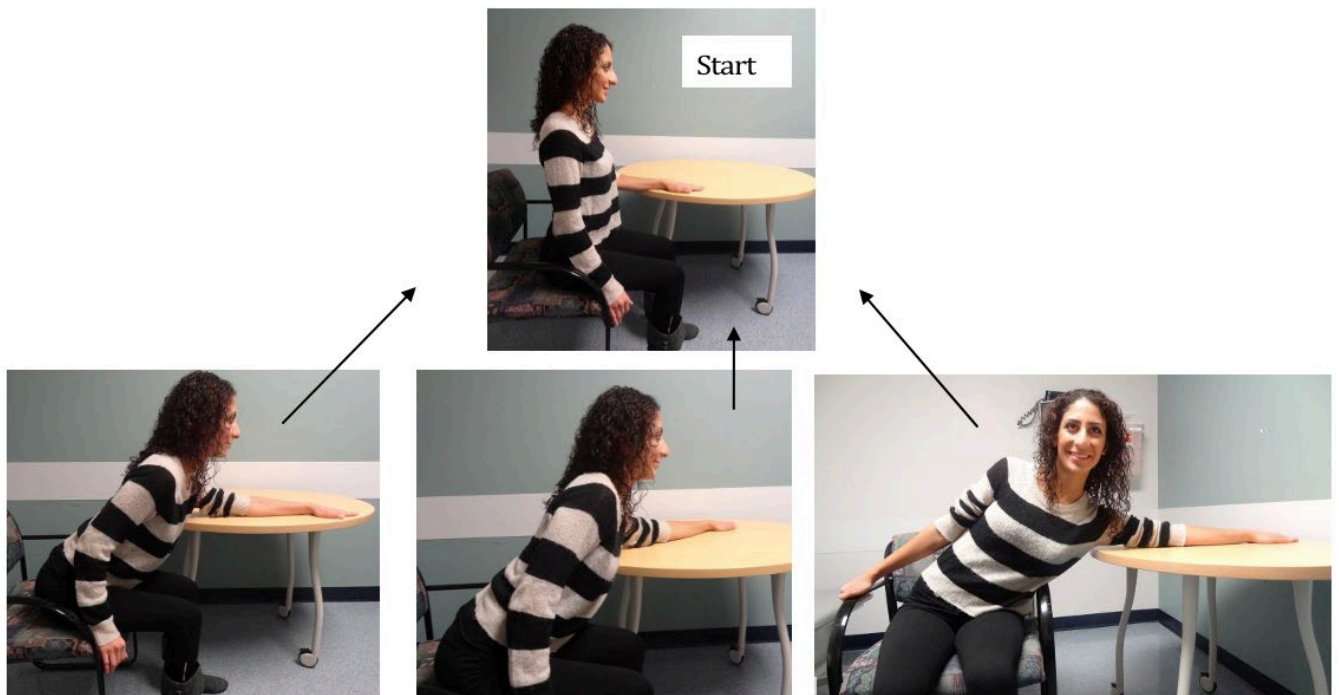




Shoulder Table Exercises

Closed chain shoulder stretches

- Sit tall at the edge of a chair and engage your core. Stretch your shoulder directly in front of you, leaning at the waist. Return to the start position.
- Stretch your shoulder diagonally across the table. Return to start position.
- Hold the arm rest of a chair with non-affected arm. Stretch your shoulder directly out to the side without putting weight through the arm. Squeeze shoulder blades back and down after each stretch.
- Complete each direction, 10x each, __ times a day.



Abduction & external rotation

- Support affected arm on a table, thumb up. Begin with sliding forearm away from your body. **Keep shoulder down and back.** Return to start.
- With elbow at your side, slide your hand away from body. Return to start.
- Complete _____ times, _____ times a day.



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