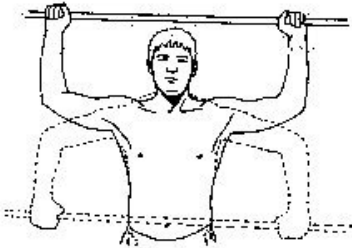


281 East Hundred Road • Chester, Virginia 23836  
13911 St. Francis Blvd., Suite 104 • Midlothian, Virginia 23114  
P: 804.452.1635 • F: 804.452.1638 • www.goOrtho.net • info@GoOrtho.net

## SHOULDER WAND EXERCISES

Shoulder Range Of Motion

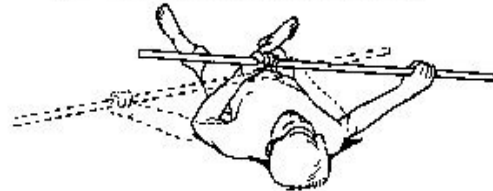


Move wand upward toward head, then down to waist line

Hold for 2 seconds. Repeat 20 times.  
Do 2 sessions per day.

Shoulder Range Of Motion

### DO THIS EXERCISE LYING DOWN



Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across the body leading with the uninvolved side. Be sure to keep elbows bent.

Hold for 2 seconds. Repeat 20 times.  
Do 2 sessions per day.

Shoulder Range Of Motion

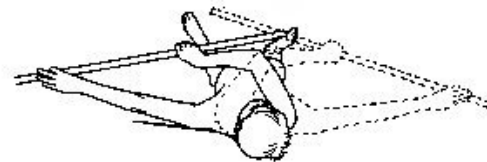
Bring wand directly overhead, leading with uninvolved side. Reach back until you feel a stretch.



Hold for 2 seconds. Repeat 20 times.  
Do 2 sessions per day.

Shoulder Range Of Motion

### DO THIS EXERCISE LYING DOWN



Keeping both palms down, push wand across body with uninvolved side. Then pull back across body, keeping arms parallel to the floor. Do not allow your trunk to twist.

Hold for 2 seconds. Repeat 20 times.  
Do 2 sessions per day.

Shoulder Range Of Motion

Grasp edge of table firmly and lean trunk away from stabilized arm.

Hold 30 seconds.  
Repeat 5 times.  
Do 2 sessions per day.

