



Stretch Pectoral standing bil at door

- Stand in doorway or in corner.
- Place arms at chest level on sides of doorway as shown.
- Gently step forward, keeping back straight.
- Return to start position.

Special Instructions:

Place both hands at waist level or at head level to stretch different portions of muscle.

Perform 1 set of 3 repetition(s), twice a day.

Hold exercise for 30 Seconds.

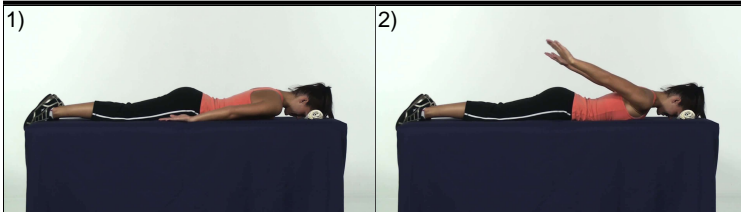
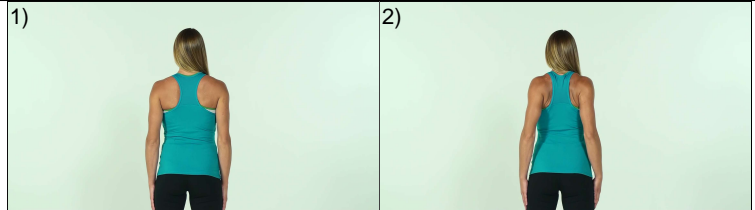
Rest 30 Seconds between sets.

AROM shld retract bil stand arms at side

- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 2 sets of 10 repetition(s), twice a day.

Hold exercise for 5 Seconds.



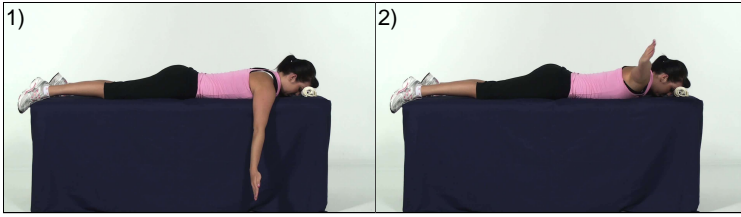
AROM shld ext bil prone palms inward

- Lie on stomach, arms at side.
- Keep elbows straight, and lift arms up and behind as shown.
- Return to start position.

Perform 2 sets of 10 repetition(s), twice a day.

Issued By: Dr. Geoffrey Van Thiel

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.



- AROM shld horiz abd prone at 90 thumb up
- Lie face down on bed, involved arm down and thumb outward.
 - Raise arm upward to shoulder level, hand shoulder height, keeping elbow straight.
 - Lower arm to floor and repeat.

Special Instructions:

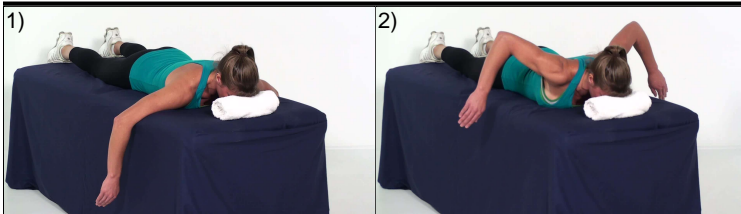
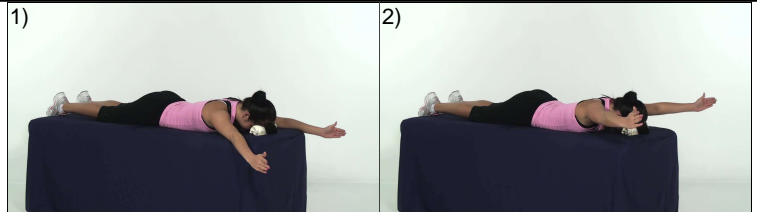
Keep thumb facing upward.

Perform 2 sets of 10 repetition(s), twice a day.

AROM shld flx bil prone thumb up

- Lie on stomach.
- Extended arms overhead at 45 degrees, thumbs up.
- Lift arms upward slightly above head.

Perform 2 sets of 10 repetition(s), twice a day.



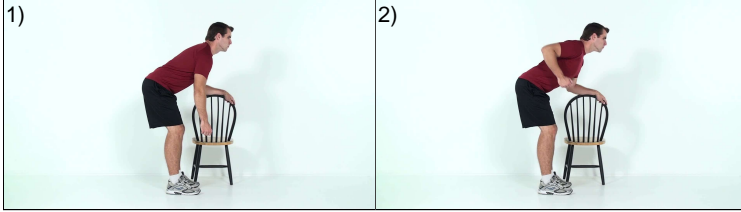
AROM shld retract prone bil

- Lie face down on bench with arms out from side, elbows bent, as shown.
- Raise arms upward and squeeze shoulder blades together, and relax.

Special Instructions:

Keep elbows bent.

Perform 2 sets of 10 repetition(s), twice a day.



AROM shld bent row

- Slightly bend hips and knees and support upper body with other arm as shown.
- Lift arm up, raising elbow to shoulder height.
- Return to start position and repeat.

Perform 2 sets of 10 repetition(s), twice a day.