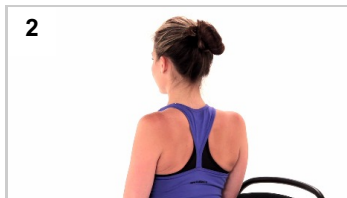


## Seated Scapular Retraction

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 1SEC</b>	<b>DAILY: 3</b>
<b>WEEKLY: 7</b>			



### Setup

Begin sitting in an upright position.

### Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

### Tip

Make sure to maintain good posture during the exercise.

## Circular Shoulder Pendulum with Table Support

<b>SETS: 3</b>	<b>HOLD: 60 SEC</b>	<b>DAILY: 3</b>	<b>WEEKLY: 7</b>
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### Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

### Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time. (Perform for 60 sec/set)

### Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

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## Seated Elbow Flexion and Extension AROM

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 1 SEC</b>	<b>DAILY: 3</b>
<b>WEEKLY: 7</b>			



### Setup

Begin sitting upright in a chair with one arm straight at your side.

### Movement

Bend your elbow upward as far as is comfortable, then straighten it and repeat.

### Tip

Make sure to keep your movements slow and controlled.

---

## Wrist Extension AROM

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 1 SEC</b>	<b>DAILY: 3</b>
<b>WEEKLY: 7</b>			



### Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

### Movement

Slowly bend your wrist backward as far as is comfortable, then return to the starting position and repeat.

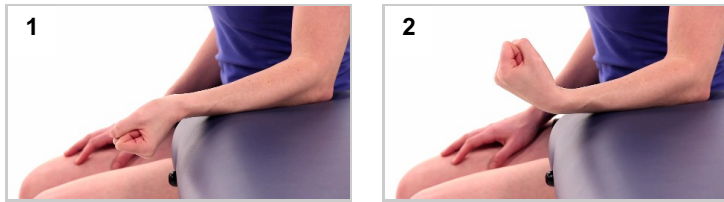
### Tip

Make sure not to rotate your forearm during this movement.

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## Wrist Flexion AROM

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 1 SEC</b>	<b>DAILY: 3</b>
<b>WEEKLY: 7</b>			



### Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing up.

### Movement

Slowly bend your wrist upward as far as is comfortable, then return to the starting position and repeat.

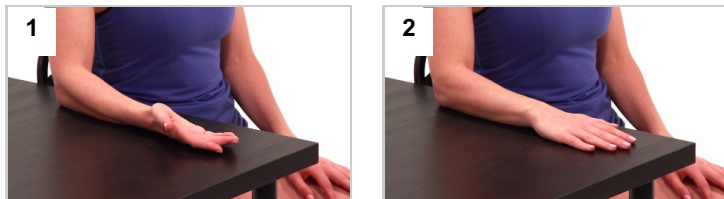
### Tip

Make sure not to rotate your forearm during this movement.

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## Seated Forearm Pronation Supination AROM

<b>REPS: 10</b>	<b>SETS: 1</b>	<b>HOLD: 1 SEC</b>	<b>DAILY: 3</b>
<b>WEEKLY: 7</b>			



### Setup

Begin sitting upright with your arm resting on a table, palm up.

### Movement

Rotate your forearm so your palm is facing down. Then return to the starting position and repeat.

### Tip

Make sure to keep your shoulder relaxed during the exercise.