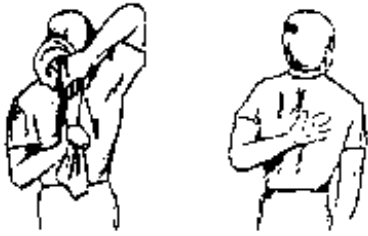


SHOULDER AND ARM STRETCHES

7. ROTATOR CUFF



- Grasp towel (sore arm at bottom)
- Use top arm to passively lift bottom arm upward
- Repeat action without towel by reaching up with the bottom arm

8. ROTATOR CUFF



- Bring hand and forearm behind (not above) the head
- Slide hand as far around the head as possible. Trying to cover the mouth.

9. FOREARM - FINGER FLEXORS



- Supporting the arm with the elbow straight
- Palm up – bend the hand down at the wrist



- Repeat, bending each finger down separately

10. FOREARM - FINGER EXTENSORS



- Support the arm with the elbow straight
- Palm Down – bend the hand downward at the wrist



- Repeat with bending the middle finger into the palm, then bending the wrist downward