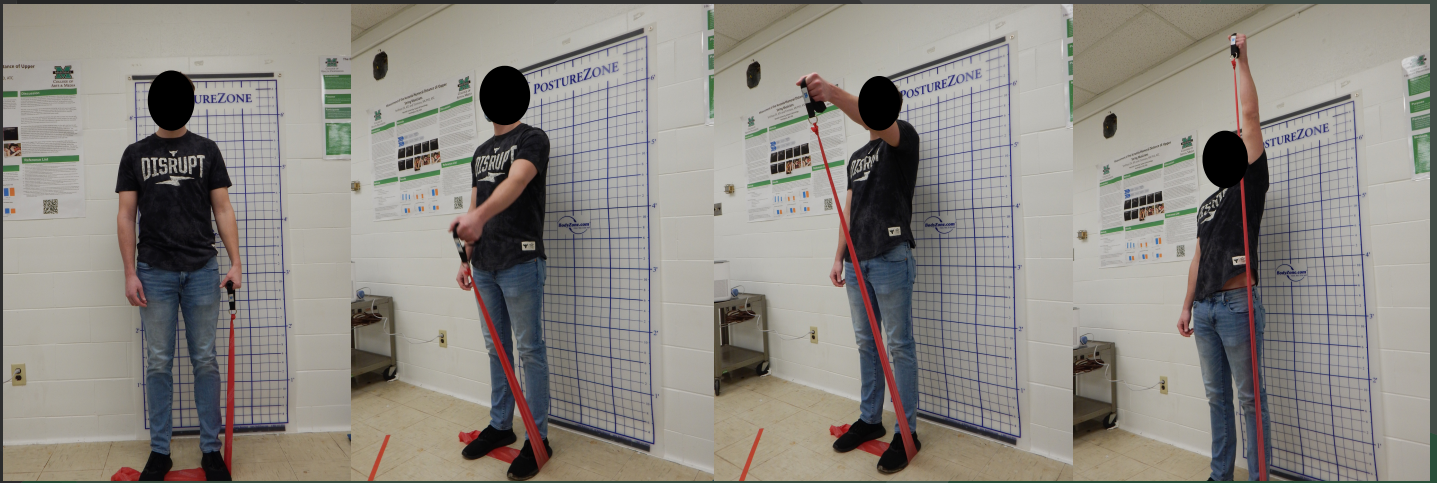


Upper Extremity Strength Program

Exercises should be performed 3x per week with 2 sets of 10-20 repetitions, increasing the workload as the movements get easier.

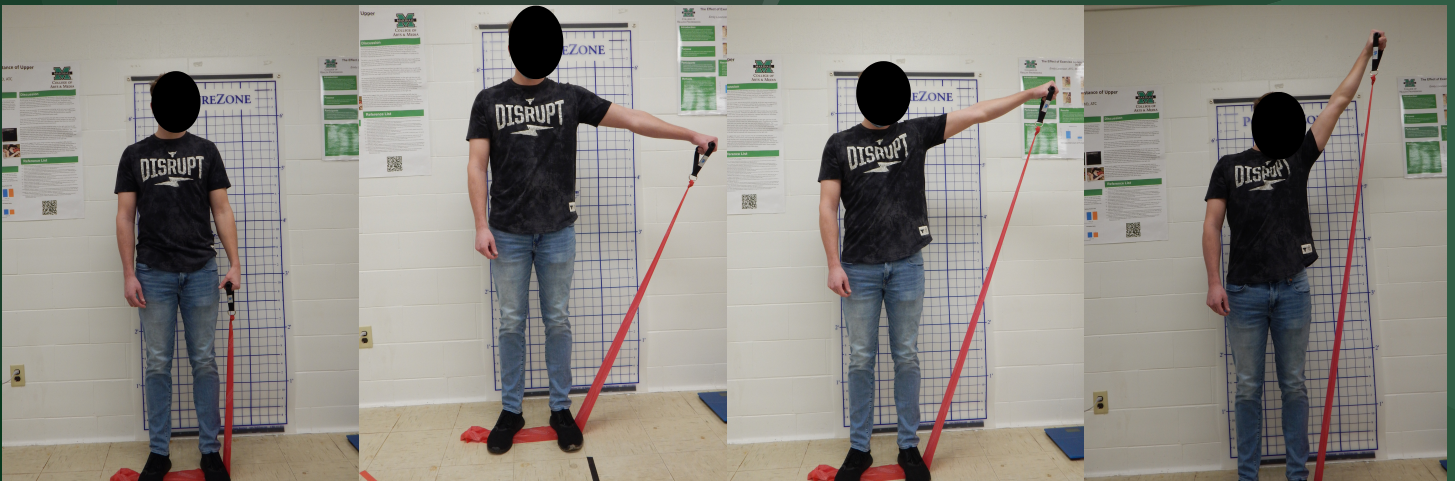
Shoulder Flexion

Stand on the elastic band. Begin with your arm down by your side, elbow straight, and thumbs facing up. Grab the elastic, raise your arm in front overhead, keeping elbow straight. Slowly return your arm to the starting position.



Shoulder Abduction

Stand on the elastic band. Begin with your arm down by your side, elbow straight, palm forward. Grab the elastic, raise your arm upward, out to side and overhead. Slowly return to the starting position.



Upper Extremity Strength Program

Exercises should be performed 3x per week with 2 sets of 10-20 repetitions, increasing the workload as the movements get easier.

Wall Angels

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Stand up against a wall and move your feet out one foot length, then drop your hips back into the wall. Place both arms up and against the wall at a 90 degree angle, keeping contact with your shoulder, elbow, and wrist. Slide your arms up the wall until you reach your maximum height, then slowly return your arms to the starting position.



Doorway Stretch

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Stand at the middle of a doorway or corner of a wall. Place both your arms up at a 90 degree angle out to your side and in front of you on the wall. Slowly move your body through the doorway or towards the corner of the wall and hold stretch for 15-20 seconds.

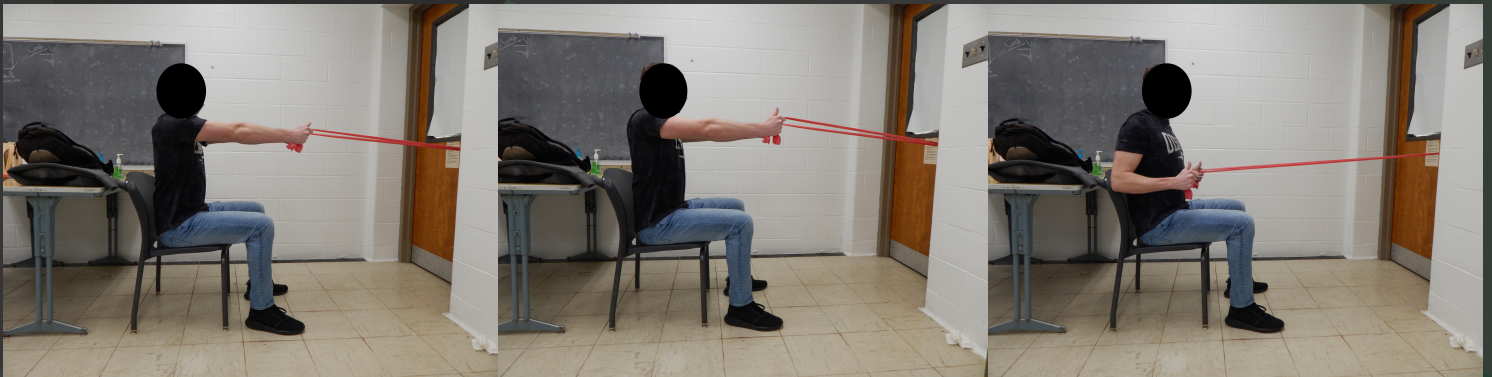


Upper Extremity Strength Program

Exercises should be performed 3x per week with 2 sets of 10-20 repetitions, increasing the workload as the movements get easier.

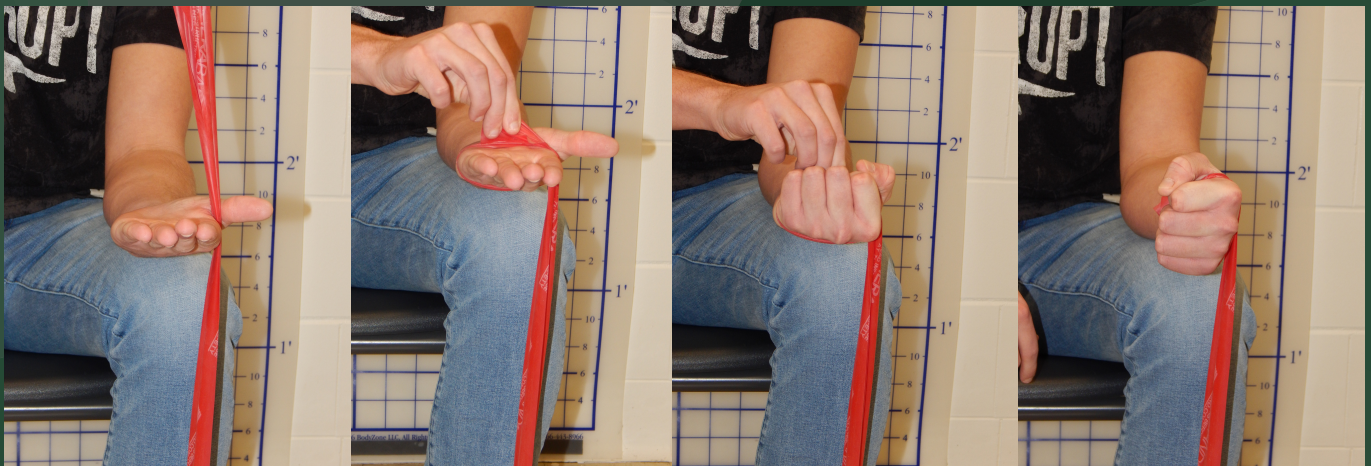
Seated Rows

Attach the elastic to a secure object. Grasp the elastic in both your hands. Sit in a chair with your back unsupported, maintaining posture. Keep your elbows near sides and bent. Squeeze and retract your shoulder blades together, pulling your arms back. Slowly return to the starting position and repeat.



Wrist Pronation

Secure the elastic band near floor. Support your forearm on armrest or leg. Position your hand palm up with elastic crossing under the thumb as shown. Rotate your hand to palm down, and the elastic should resist this movement. Slowly return to the starting position.



Upper Extremity Strength Program

Exercises should be performed 3x per week with 2 sets of 10-20 repetitions, increasing the workload as the movements get easier.

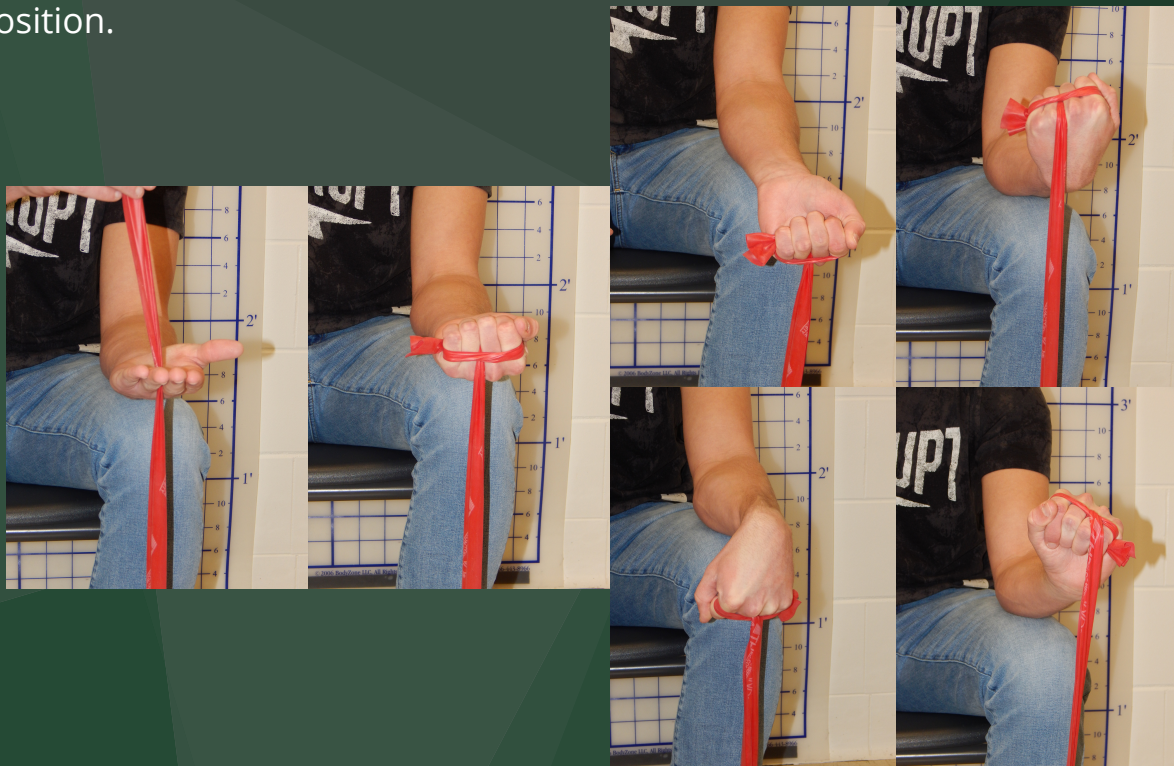
Wrist Supination

Secure the elastic near the floor, supporting your forearm on table or leg. Place your palm down with the elastic crossing over your thumb as shown. Rotate your hand to palm up, and the elastic should resist the movement. Slowly return to the starting position.



Wrist Flexion/Extension

Secure the elastic under your foot. Grasp the elastic with your hand. Place forearm on the table/leg with your hand off the edge of the table/leg, palm facing up (for flexion) or down (for extension) as shown. Move your wrist upward, then slowly return to the starting position.



FLEXION

EXTENSION