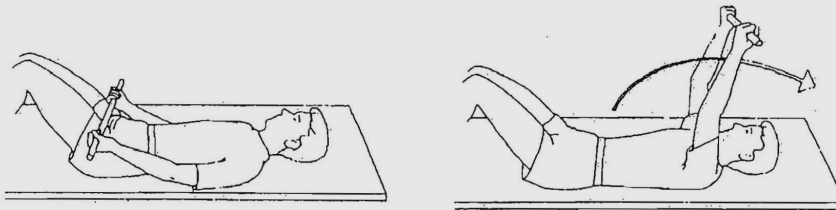


## Shoulder Home Exercise Program PHASE 2: WEEKS 2-6

**General Guidelines:** Be conscious and aware of your posture at all times. Avoid any exercise that elicits pain.  
"Tolerable discomfort is okay!"

**Exercise Prescription:** Perform for 10-15 minutes, 2-3 times a day.

### BILATERAL ACTIVE ASSISTIVE SHOULDER FLEXION/EXTENSION



Lie on back. Hold wand, palms up.  
Raise wand overhead, elbows straight.

### ACTIVE ASSISTIVE SHOULDER MEDIAL/LATERAL ROTATION



Lie on back. Hold wand, palms up and elbows bent at sides. Use opposite arm to move involved forearm to abdomen, rotating shoulder inward. Keep elbow at side. Move forearm out to side, rotating shoulder outward and hold.