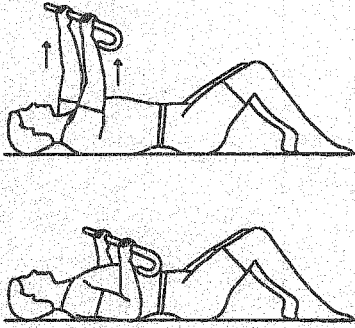


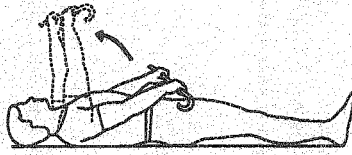
**AAROM shld press up w/cane**



Perform 1 set of 3 Repetitions, three times a day.

Use Cane.

**AAROM shld flx supine w/cane**

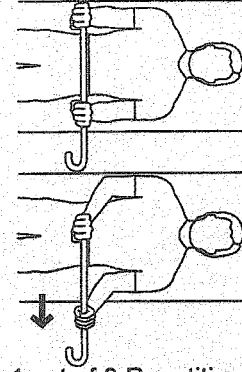


Perform 1 set of 3 Repetitions, three times a day.

Use Cane.

Hold exercise for 30 Seconds.

**AAROM shld ER bil supine w/cane neutral**

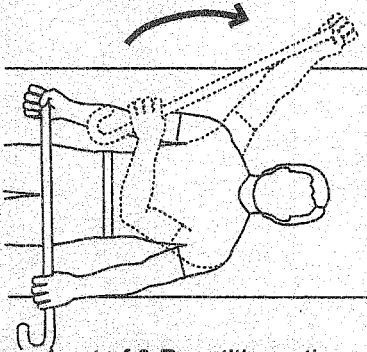


Perform 1 set of 3 Repetitions, three times a day.

Use Cane.

Hold exercise for 30 Seconds.

**AAROM shld abd supine w/ cane**

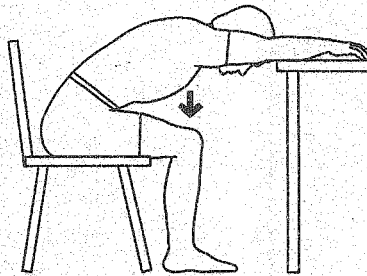


Perform 1 set of 3 Repetitions, three times a day.

Use Cane.

Hold exercise for 30 Seconds.

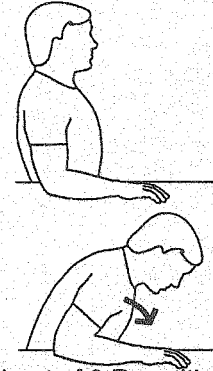
**Stretch shld flx uni sit trunk bending**



Perform 1 set of 3 Repetitions, three times a day.

Hold exercise for 30 Seconds.

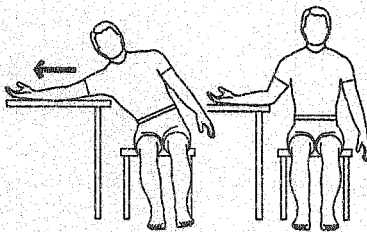
**\*Stretch shld ER sit**



Perform 1 set of 3 Repetitions, three times a day.

Hold exercise for 30 Seconds.

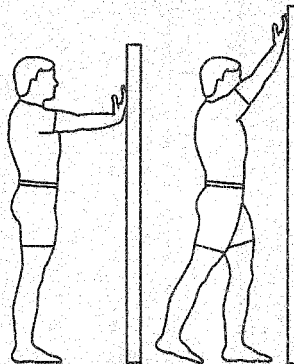
**Stretch shld abd sit**



Perform 1 set of 3 Repetitions, three times a day.

Hold exercise for 30 Seconds.

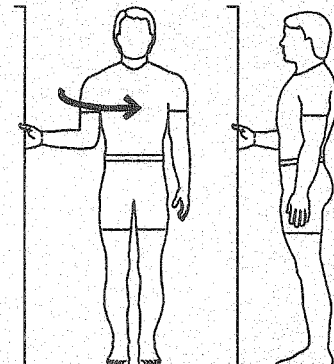
**Stretch shld flx at wall**



Perform 1 set of 3 Repetitions, three times a day.

Hold exercise for 30 Seconds.

**Stretch shld ER stand at doorway**



Perform 1 set of 3 Repetitions, three times a day.

Hold exercise for 30 Seconds.

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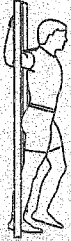
Signature: \_\_\_\_\_

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OrthoCarolina

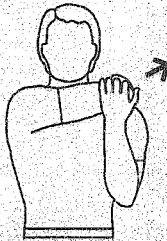
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**Stretch Pectoral standing w/shld ER**



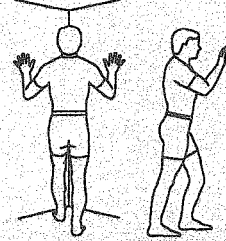
Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**\*Stretch Rhomboids**



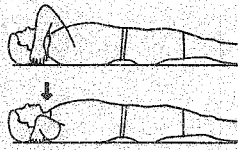
Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**Stretch Pectoral standing at corner**



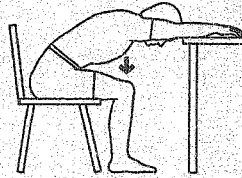
Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**Stretch shld ER supine**



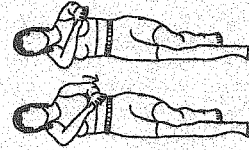
Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**Stretch shld fix uni sit trunk bending**



Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**Stretch shld posterior capsule sidelying**



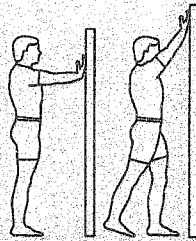
Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**Stretch shld/Pec supine w/roll**



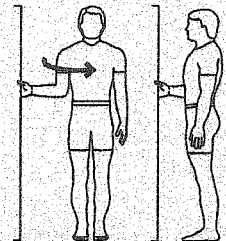
Perform 1 set of 3 Repetitions, twice a day.  
Use Foam Roll.  
Hold exercise for 30 Seconds.

**Stretch shld flx at wall**



Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**Stretch shld ER stand at doorway**



Perform 1 set of 3 Repetitions, twice a day.  
Hold exercise for 30 Seconds.

**Stretch shld IR w/towel**



Perform 1 set of 3 Repetitions, twice a day.  
Use Towel.  
Hold exercise for 30 Seconds.

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**Signature:** \_\_\_\_\_

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**OrthoCarolina**

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