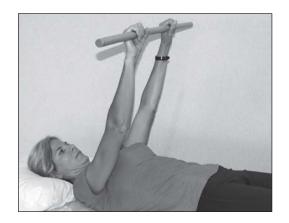


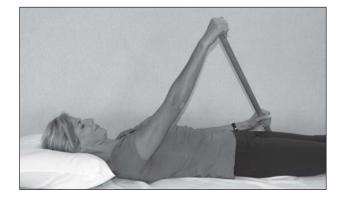
Shoulder: Flexion – Active Assistive – Supine





- 1. Lie on your back with knees bent and feet flat.
- 2. Hold cane in hands with fingers pointing up.
- 3. Slowly raise arms up over your head.
- 4. Hold seconds.
- 5. Slowly lower your arms back to the starting position.
- 6. Try to keep your elbows straight through the movement.

Alternate option for single arm



Grasp a cane or dowel with both hands with the arm to be stretched at the end and the thumb pointed up as shown.



Action: Keeping your arm straight, push your arm straight up and over your head until you feel a stretch.

Hold	l each repetition	seconds. Do	repetitions	times per day
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