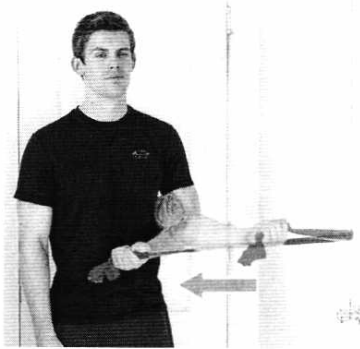


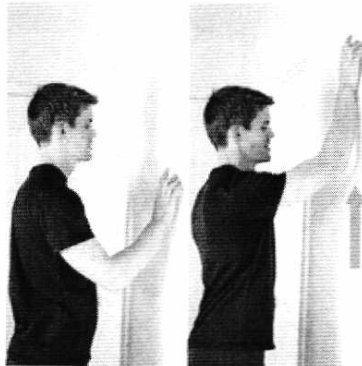
Total 2



ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

Repeat 10 Times
Hold 2 Seconds
Complete 3 Sets
Perform 1 Time(s) a Day



Shoulder Flexion Wall Stretch

Standing in front of the wall, walk your fingers up the wall until your arm is raised above your head and you feel a slight stretch in the shoulder.

Repeat 10 Times
Hold 5 Seconds
Complete 2 Sets
Perform 2 Time(s) a Day