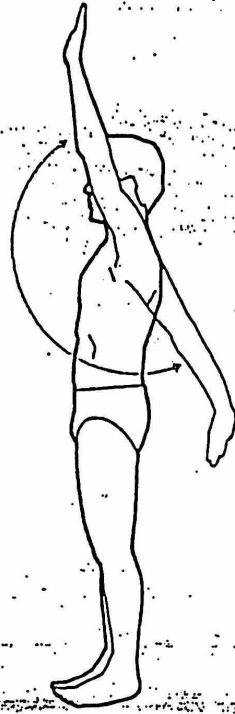


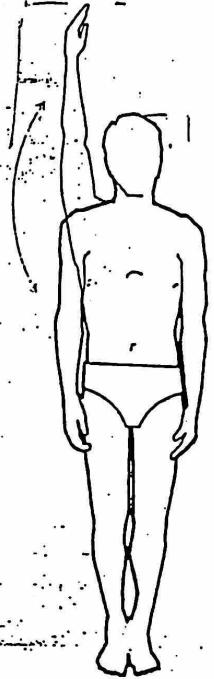
Flexion/Extension

★ Splint on ★

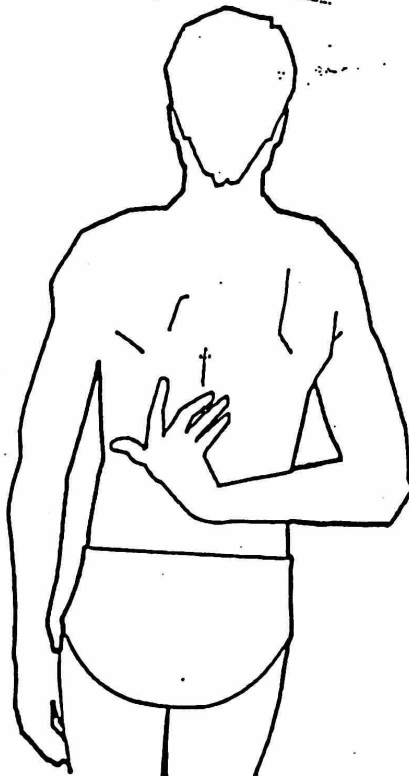
Friday



- Reach straight up toward ceiling.
- Reach down and back.



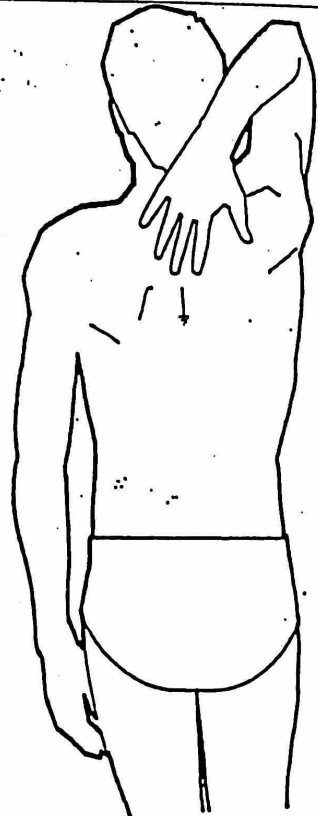
- Reach out to the side and straight up toward the ceiling.
- Touch inside of elbow to side of head.



**Active
Shoulder
Internal
Rotation**

- Reach down and back.
- Stretch hand up toward middle of back.

**Active
Shoulder
External
Rotation**



- Reach behind neck and stretch hand down toward middle of back.