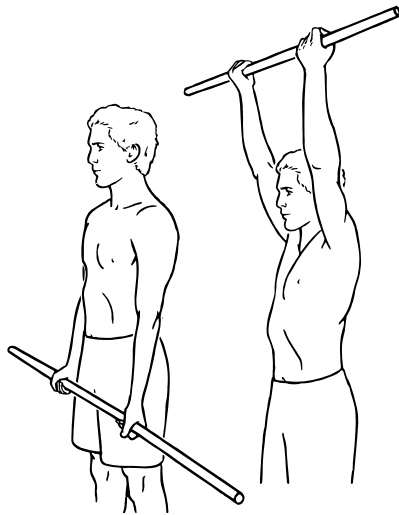


Towel & Dowel Exercises

SHOULDER - 1 ROM: Flexion – Wand

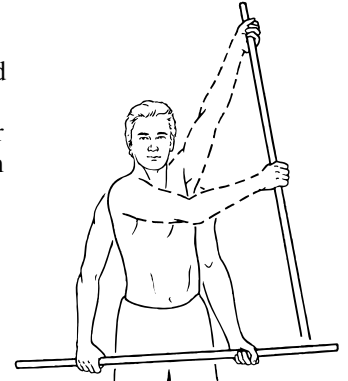
Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold 3-5 seconds.



Repeat 8-10 times per set.
Do 3-4 sets per session.
Do 1-2 sessions per day.

SHOULDER - 2 ROM: Abduction – Wand

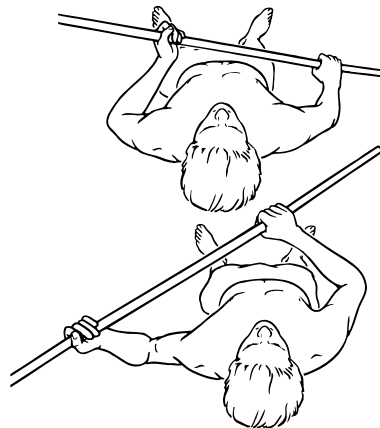
Holding wand with left hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 3-5 seconds.



Repeat 8-10 times per set.
Do 2-3 sets per session.
Do 1-2 sessions per day.

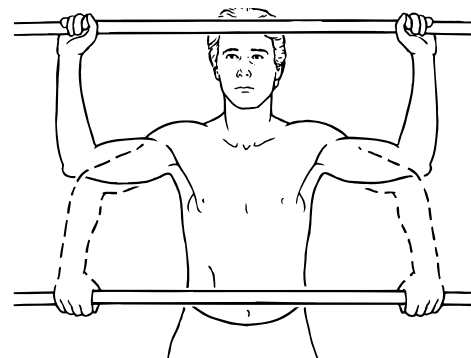
SHOULDER - 3 ROM: External / Internal Rotation – Wand

Holding wand with left hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, Hold 3-5 seconds. Repeat to other side, leading with same hand. Keep elbows bent.



Repeat 8-10 times per set.
Do 3-4 sets per session.
Do 1-2 sessions per day.

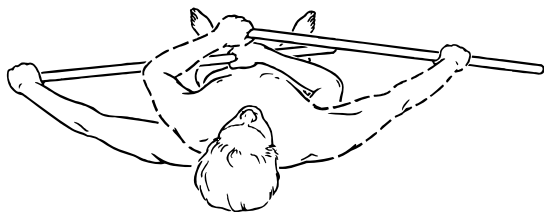
SHOULDER - 4 ROM: External / Internal Rotation – Wand



Bring wand up over head, then down toward waistline. Hold each position 3-5 seconds.

Repeat 8-10 times per set. Do 1-2 sets per session.
Do 2-3 sessions per day.

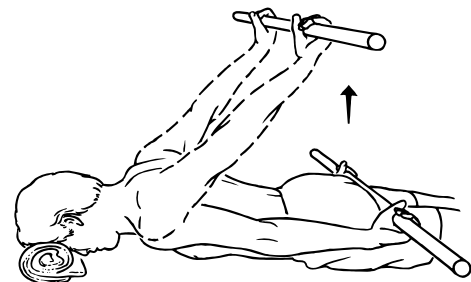
SHOULDER - 5 ROM: Horizontal Abduction / Adduction – Wand



Keeping both palms down, push right hand across body with other hand. Then pull back across body, keeping arms parallel to floor. Do not allow trunk to twist. Hold 3-5 seconds.

Repeat 8-10 times per set. Do 2-3 sets per session.
Do 2-3 sessions per day.

SHOULDER - 6 ROM: Extension – Wand



Lift up from buttocks until stretch is felt. Hold 3-5 seconds.

Repeat 8-10 times per set. Do 2-3 sets per session.
Do 1-2 sessions per day.