

Caution: Please consult your healthcare professional before you attempt these exercises.

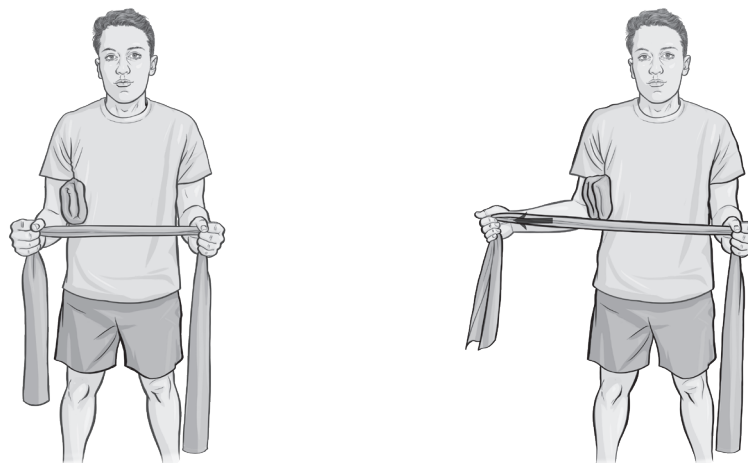
Perform
twice a day

When using a resistance band, always begin with a low resistance band and gradually increase the resistance level over time.

Internal Rotation - Tie a knot in the middle of a resistance band and secure the knot behind a closed door. To exercise the right side, begin with a rolled-up towel placed between your right elbow and your body. Grip the resistance band with your right hand and stand enough distance from the door to remove the slack in the band. While maintaining your right elbow against your side, slowly pull your right fist across the front of your body. Then slowly return your fist to the starting position. Repeat this exercise 10 to 15 times.



External Rotation - With a rolled-up towel placed between your right elbow and your body, grip a resistance band with both hands (ensure that the slack in the band is removed). While maintaining your right elbow against your side, slowly pull your right fist outward. Slowly return your fist to the starting position. Repeat this exercise 10 to 15 times.



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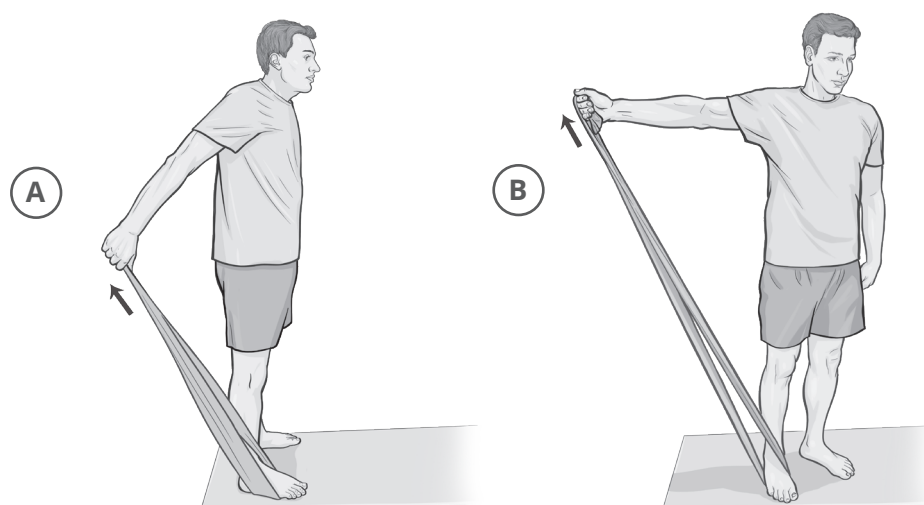
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Flexion - To exercise the right shoulder, stand with the middle of a resistance band anchored underneath your right foot. Grip the band with your right hand (ensure that the slack in the band is removed). Keeping your right elbow straight, slowly bring your right fist forward. Then slowly return to the starting position. Repeat this exercise 10 to 15 times.



Extension (Image A) - With the resistance band still anchored under your right foot, while keeping your right elbow straight, slowly pull your fist backward. Then slowly return to the starting position. Repeat this exercise 10 to 15 times.

Abduction (Image B) - With the resistance band still anchored under your right foot, while keeping your right elbow straight, slowly pull your fist outward. Then slowly return to the starting position. Repeat this exercise 10 to 15 times.



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