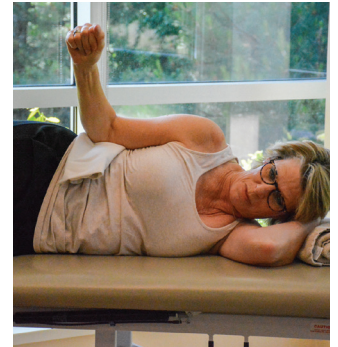


Complete 2 sets of 30 repetitions every other day.

Complete the exercises below as instructed. If you have questions or develop increased shoulder pain, please call Team Freehill's voicemail: **651.968.5825**

## #1. SIDE LYING EXTERNAL ROTATION — 'WINDSHIELD WIPER'

- » Lie on unaffected side with towel under elbow and forearm resting across abdomen.
- » Draw shoulder blades down and back.
- » Rotate forearm up through available pain-free range of motion and back down again.



## #2. BEAR HUG

- » Sit with tall posture. Place affected hand on upper chest with thumb under chin.
- » Press against your chest only as firmly as you can with no increase in baseline pain.
- » Hold each repetition for 3 seconds.



## #3. FULL CAN

- » Begin standing with arms at sides.
- » Lift arms to shoulder height making a V shape.
- » Then return arms to sides.



## #4. FLEXION

- » Begin standing with arms at sides.
- » Lift arms to shoulder height straight in front of shoulders.
- » Then return arms to sides.



