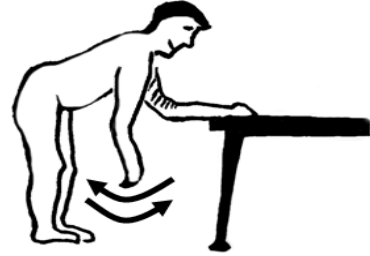


DAILY SHOULDER EXERCISES

Do these SLOWLY; low or no pain

PENDULUMS:

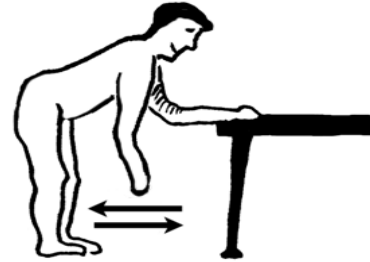
Lean forward supporting yourself against a counter top or table. Move your arm in a SLOW circular motion. Make sure the motion comes from the shoulder and not the elbow. Increase the swing as comfort permits.



Do 15-20 clockwise, and 15-20 counter clockwise, 3-5 times a day.

SAWING LOGS:

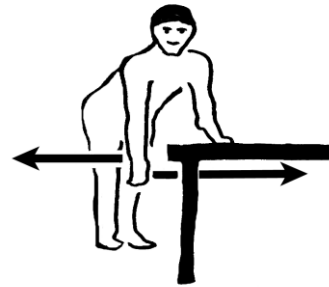
Lean forward supporting yourself against a counter top or table. Swing your arm forward and backward SLOWLY imitating a log sawing motion. Increase the swing as comfort permits.



Do 15-20, 3-5 times a day.

HORIZONTAL SWINGS:

Lean forward supporting yourself against a counter top or table. Swing your arm in an out SLOWLY. Increase the swing as comfort permits.



Do 15-20, 3-5 times a day.

OUTWARD/INWARD ROTATIONS:

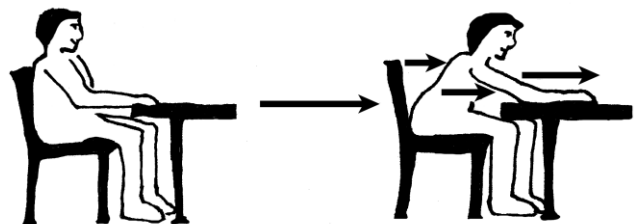
Grasp your wrist and move your forearm and arm outward until your hand points straight forward or a little outward. Hold it in this position for about 5-10 seconds and then bring your hand back toward your stomach.



Do 10-15, 3-5 times a day. Keep pain low.

TABLE SLIDES:

Sit at a table and put your hand in front of you. Lean forward and gently allow your hand to slide on the table. Your hand should slide back about 1 to 1 1/2 feet. Sit upright to allow your hand to slide back. There should be low or no pain.



Do 10-15, 3-5 times a day.