



Home Exercise Program

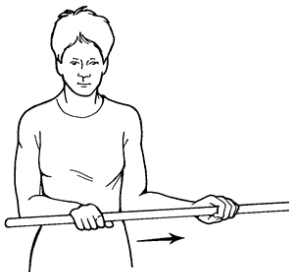
Coastal Orthopedics and Sports Medicine
14 Thomas Point Road. Brunswick, ME 04011

Training start date 3/16/2020



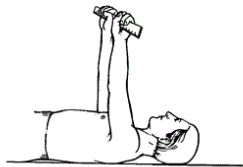
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1. Assume position shown, letting _____ arm hang relaxed
2. Sway your whole body slowly to move arm forward and backward. Do not let the arm tense up - use only your body movement to begin the motion
3. Repeat, with the arm moving side to side
4. Repeat, with the arm moving in circular patterns, clockwise and counterclockwise
5. 20 repetitions each, 2-3 times per day



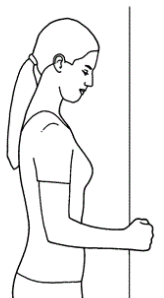
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1. Stand with elbows bent to 90 degrees, holding stick in front of you
2. Using stick for assistance, rotate your _____ hand and forearm out away from your body
3. Do not allow your upper arm to move away from your body
4. Hold 5-10 seconds
5. 10-20 repetitions, 2-3 times per day



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1. Lie on back as shown, holding stick with both hands
2. Raise both hands overhead, so that you feel a comfortable stretch
3. Hold 5-10 seconds
4. 10 repetitions, 2-3 times per day



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Stand facing a wall. Keep your upper arm close to the side with elbow at a right angle.

Push your fist against the wall. Push with only 50% power.

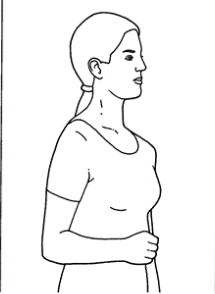
Hold 5 seconds, repeat 10 times. Work up to 3 sets of 10 reps.



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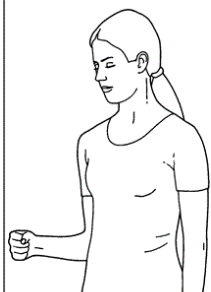


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Stand with your back against the wall. Keep your upper arm close to the side and elbow at a right angle.

Push the elbow back against the wall. Push with only 50% power.

Hold 5 seconds, repeat 10 times. Work up to 3 sets of 10 reps.

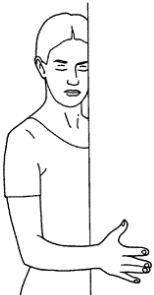


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Stand with your upper arm close to your side, elbow at a right angle and the back of your hand against a wall.

Push the back of your hand against the wall. Push with only 50% power.

Hold 5 seconds, repeat 10 times. Work up to 3 sets of 10 reps.



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Stand in a doorway with your elbow close to your body and bent at a right angle. Place your hand against the wall.

Push your hand inwards against the wall. Push with only 50% power.

Hold 5 seconds, repeat 10 times. Work up to 3 sets of 10 reps.