HAND - 3 9AROM: Elbow Flexion / Extension

With _ hand palm _ up, gently bend elbow as far as possible. Then straighten arm as far as possible.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _3_ sessions per day.

SHOULDER - 25 ROM: Pendulum (Side-to-Side)

Let arm swing freely from side to side by rocking body weight from side to side.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _3_ sessions per day.

SHOULDER - 26 ROM: Pendulum (Circular)

Let arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle _10_ times each direction per set.
Do _3_ sets per session.
Do _3_ sessions per day.