SHOULDER - 2 ROM: Abduction – Wand

Holding wand with hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 5 seconds.

Repeat 5 times per set.
Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 4 ROM: External / Internal Rotation – Wand

Bring wand up over head, then down toward waistline. Hold each position 5 seconds.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 94 ROM: Extension – Wand (Standing)

Stand holding wand behind back. Raise arms as far as possible.
Repeat 5 times per set. Do 2 sets per session.
Do 2 sessions per day.

SHOULDER - 1 ROM: Flexion – Wand

Bring wand directly over head, leading with side. Reach back until stretch is felt. Hold 5 seconds.

Repeat 5 times per set.
Do 2 sets per session.
Do 2 sessions per day.
SHOULDER - 5
ROM: Horizontal Abduction / Adduction – Wand

Keeping both palms down, push hand across body with other hand. Then pull back across body, keeping arms parallel to floor. Do not allow trunk to twist. Hold 5 seconds.
Repeat _5_ times per set. Do _2_ sets per session. Do _2_ sessions per day.

SHOULDER - 3 ROM: External / Internal Rotation – Wand

Holding wand with hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, Hold 5 seconds. Repeat to other side, leading with same hand. Keep elbows bent.
Repeat _5_ times per set. Do _5_ sets per session. Do _2_ sessions per day.

SHOULDER - 93 ROM: Flexion – Wand (Supine)

Lie on back holding wand. Raise arms over head.
Repeat _5_ times per set. Do _2_ sets per session. Do _5_ sessions per day.