



Family Care Plus Physical Therapy & Wellness
G-2037 S Center Rd, Ste A
Burton, Michigan 48519

Hours: Monday through Friday, 8:00 AM till 6:00 PM
Phone: (810)743-7950
Emergency: www.familycarepluspt.com

Visit us online at www.familycarepluspt.com and check exercise videos!

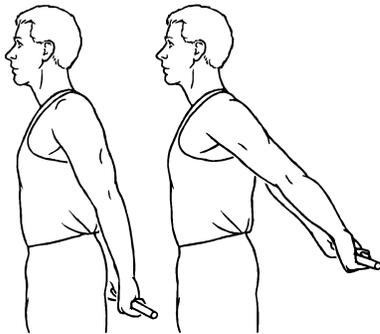
Also, join us on Facebook/Family Care Plus Physical Therapy & Wellness.

****Be patient and work as per the guidelines. It takes some time to see objective improvement. Feel free to ask questions if you have any concerns.

Stretching Exercises Tips:

Monitor your symptoms at the start of exercise.
Start slow and with less force.
If you get too sore, back off number or reps, sets, and resistance.
Work on good postural habits.

SHOULDER - 94 ROM: Extension – Wand (Standing)

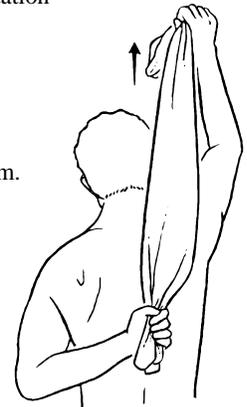


Stand holding wand behind back. Raise arms as far as possible.

Repeat 10 times per set. Do 3 sets per session.
Do 3 sessions per day.

SHOULDER - 73 ROM: Towel Stretch – with Interior Rotation

Pull right arm up behind back by pulling towel up with other arm.
Hold 2-3 seconds.



Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.

SHOULDERS - 1 Rotator Cuff

Pull right arm down with left hand until stretch is felt.
Hold 5-10 seconds.
Repeat with other side.



Repeat 5-10 times.
Do 3-4 sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

Gently pull on right forward elbow with other hand until stretch is felt in shoulder.
Hold 2-3 seconds.



Repeat 10 times per set.
Do 3 sets per session.
Do 3 sessions per day.