



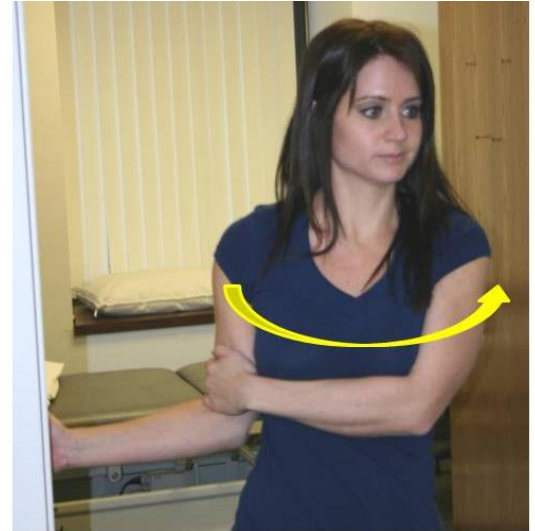
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These exercises should be performed on a daily basis. Your doctor may also instruct you to use ice on the painful area for 15 to 20 minutes on a daily basis. If your symptoms severely worsen, discontinue exercises and contact your physician.



External Rotation Stretch with Stick

Lay on your back holding a stick in both hands as shown. Keep your elbows on the surface and stretch your arm outward (as shown for right arm above). Release the stretch and repeat 10 times.



Doorway External Rotation Stretch

Grasp the frame of a door and make sure your elbow is bent 90 degrees. Hold your elbow tightly to your side with your other hand. Next, turn your body away from the arm you are stretching and hold stretch for 10 seconds. Repeat 10 times.



Chest Stretch in Doorway

Standing in a doorway, place an arm on each side of the door frame. Gently step forward through the doorway with one foot until a stretch is felt across the chest. Maintain the stretch for 30 seconds. Repeat 3 times.



Internal Rotation with Towel Assist

Using a towel as shown, reach the arm you want to stretch behind your back. Pull the towel across and upward with other hand to stretch further. Hold 10 seconds. Repeat 10 times.