

**SHOULDER FLEXION**

Start with your arm by your side. With your thumb pointed forward, raise your arm forward and up overhead. Lower back down and repeat.

Video # VVBNSZXGV

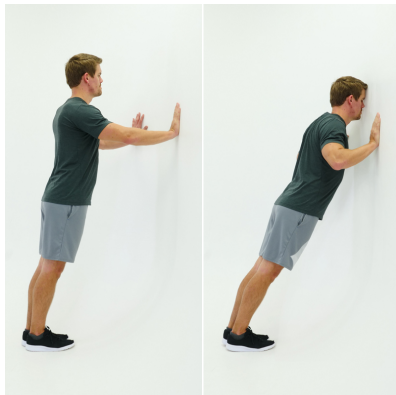
Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day

**SHOULDER ABDUCTION**

Start with your arm by your side with the palm of your hand pointed forward. Then, raise up your arm out to the side and overhead. Lower back down and repeat.

Video # VVNFC7TNL

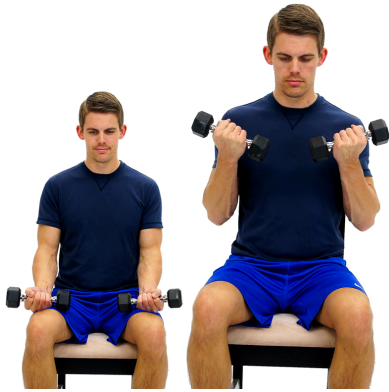
Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day

**WALL PUSH UPS**

Standing at a wall, place your arms out in front of you with your elbows straight so that your hands just reach the wall. Next, bend your elbows slowly to bring your chest closer to the wall. Maintain your feet planted on the ground the entire time.

Video # VV4UPBCJV

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day



BICEP CURLS

While sitting in a chair (or standing if comfortable) and holding a free weight or weighted object, lift both sides while bending at the elbows. Slowly lower back down and repeat.

Video # VVNF8LZF8

Repeat 10 Times
Complete 2 Sets
Perform 1 Times a Day



BALL OR TOWEL ON WALL

Standing near a wall and place a ball (or towel) at shoulder height on the wall. Lean a little into the ball with your hand and then roll the ball (or towel) in small circles. Perform in a clockwise direction a few times and then move it counter-clockwise. Repeat.

Video # VVPD8YC3G

Repeat 10 Times
Complete 3 Sets
Perform 1 Times a Day