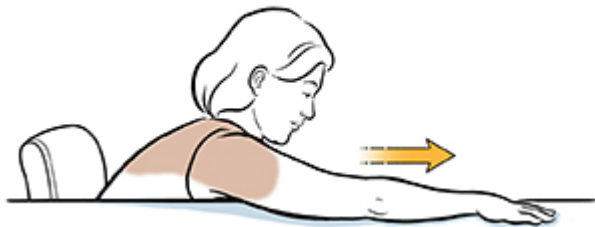


## Shoulder Flexion (Flexibility)



1. Sit in a chair sideways next to a table. Lay your right arm on the table, pointed forward.
2. Slowly lean forward. Slide your arm forward on the table. Feel the stretch in your right shoulder.
3. Hold for 5 seconds. Slowly sit back up.
4. Repeat 5 times.
5. Switch sides and repeat, if instructed.
6. Repeat this exercise 3 times a day, or as instructed.



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