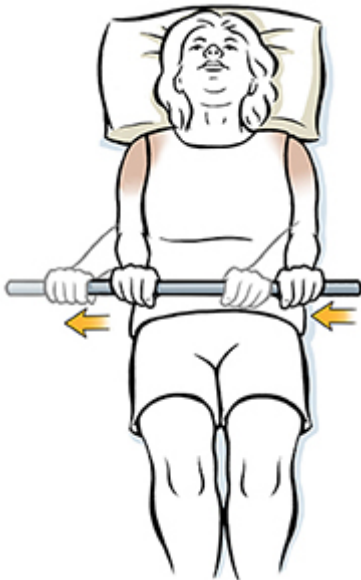


Shoulder External Rotation (Flexibility)



1. Lie on your back on a bed or the floor, with your arms at your sides. Bend your arms at a 90-degree angle. Hold a stick or cane in front of you with both hands facing palms down. Keep your upper arms close to your body.
2. Slowly push the stick or cane to the right with your left hand. Keep holding onto the stick or cane with both hands. Keep your elbows close to your body. Feel your right shoulder stretch. Stop at the point of discomfort. Hold for 5 seconds.
3. Slowly move your arms back. Relax.
4. Repeat on the left side, if instructed.
5. Repeat 5 times.



© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.