



SHOULDERS - 3 Posterior Deltoids / Rhomboids

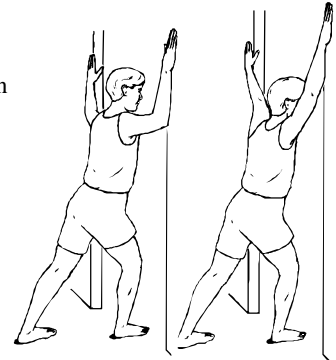
Pull arm across chest until stretch is felt. Rotate body away from the stretched side. Hold 15 seconds. Repeat with other arm.



Repeat 3 times.  
Do 2 sessions per day.

CHEST - 6 Pectorals

With arms forming a T, lean forward until stretch is felt. Hold 15 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 1 times.  
Do 1-2 sessions per day.

SHOULDERS - 1 Rotator Cuff

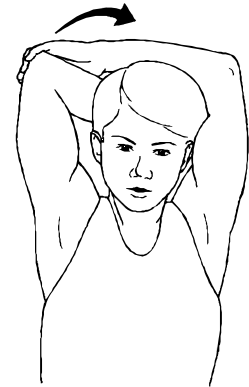
Pull injured arm down with hand of good arm until stretch is felt. Hold 20 seconds.



Repeat 3 times.  
Do 2 sessions per day.

ARMS - 8 Triceps

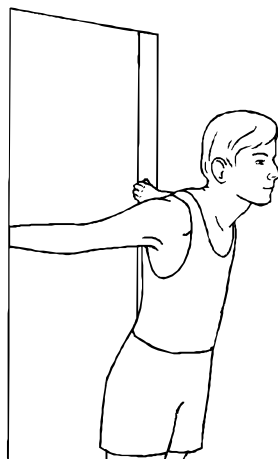
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 20 seconds.



Repeat 3 times.  
Do 2 sessions per day.

CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 20 seconds.



Repeat 3 times.  
Do 2 sessions per day.