



**1. CODMANS I:**  
Keep your back straight as you lean forward as shown. Hold the weight limply and allow your arm to swing back and forth.



**5. ASSISTED FLEXION:**  
Hold wrist of injured arm with hand of good arm. Reach up overhead. Hold the stretch for a count of 5. Repeat.



**9. FLEXION/EXTENSION:**  
Again, lead with your thumbs. Bring your arms up over your head. Lower slowly and repeat



**2. CODMANS II:**  
Maintain the same position. Hold the weight limply. Let your arm swing around in circles.



**6. ASSISTED EXTERNAL ROTATION**  
Clasp hands. Reach up overhead and slide your hands behind your neck. Spread your elbows. Hold the stretch for a count of five. Repeat.



**10. HYPEREXTENSION:**  
Clasp your hands. Keep your arms straight and extend them behind you. Hold the stretch for a count of 5. Repeat..



**3. SHOULDER RETRACTION:**  
Hike the shoulder up. Hold for 2 seconds. Lower and stretch with the weight. Repeat.



**7. ACTIVE EXTERNAL ROTATION:**  
Begin with your arms crossed in front of you. Keeping your elbows at your sides, roll your arms out. Hold the stretch for a count of five. Repeat.



**11. WALL WALKING/ABDUCTION:**  
Stand with your injured side facing the wall, arm extended. Finger walk up the wall to where you feel a stretch. Hold. Repeat.



**4. ASSISTED EXTERNAL ROTATION:**  
rasp stick with both hands. Use your good arm to push the injured arm outward. Hold the stretch for a count of five. Repeat.



**8. ABDUCTION/ADDUCTION:**  
Leading with your thumbs, bring your arms from your sides up and over your head. Lower slowly and repeat.



**12. WALL WALKING/FLEXION:**  
Face the wall with your injured arm straight out in front of you. Finger walk up the wall to where you feel a stretch. Hold. Repeat.