

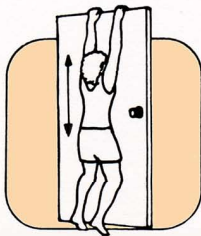
**1. LYING FLEXION**  
Lie on your stomach with your arms stretched out overhead.



**5. HIGH EXTERNAL ROTATION:**  
Stand in doorway, elbows at shoulder level, hands on doorjamb. Lean forward and stretch. Hold for 5 seconds. Relax. Repeat.



**9. POSTERIOR CUFF STRETCH:**  
Bring injured arm across body. Turn head over that shoulder. Pull & stretch with good hand for a count of 5. Relax. Repeat.



**2. STANDING FLEXION:**  
Face an open door. Assist injured arm up. Hook fingers on top of the door. Bend knees slightly to stretch. Use a stool if necessary.



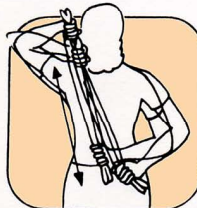
**6. INTERNAL ROTATION:**  
Grasp wrist of injured arm with your good arm behind back. Lift your hands up. Hold the stretch for a count of 5. Relax. Repeat.



**10. EXTERNAL ROTATION STRETCH WITH WEIGHT:**  
Lay on back with injured shoulder just off table's edge & elbow bent to right angle. Allow the weight in hand to gently pull arm down, as shown, for count of 30. Relax. Repeat.



**3. UNILATERAL EXTERNAL ROTATION:**  
Stand in a doorway. Flex elbow to right angle & hold close to body. Place palm on doorjamb. Slowly turn body away from arm. Hold for 5 seconds. Relax. Repeat.



**7. TOWEL STRETCH**  
Grasp towel behind back with your good hand at the top. Move towel up. Hold stretch for a count of 5. Relax. Repeat.



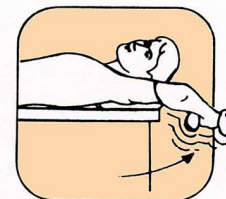
**11. RETRACTION STRETCH WITH WEIGHT:**  
Lay as shown with injured shoulder just off table's edge and arm out straight. Allow weight in hand to gently pull your arm down, into position shown, for a count of 30. Relax. Repeat.



**4. BILATERAL EXTERNAL ROTATION:**  
Stand in a doorway. Flex both elbows to right angles, keeping them at your sides. Lean forward and stretch. Hold for count of 5. Relax. Repeat.



**8. INFERIOR CAPSULE STRETCH:**  
Bring involved arm up and behind head. Grasp elbow with good hand & stretch for a count of 5. Relax. Repeat.



**12. FLEXION STRETCH WITH WEIGHT**  
Holding weight in hand, bring arm up as far overhead as possible. Allow gentle stretch for count of 30. Relax. Repeat.