
1. Elbow Extension and Flexion

- ◆ Remove your lower arm from your sling or immobilizer.
- ◆ While in a sitting position, slowly let the elbow straighten out toward the floor as far as possible.
- ◆ Hold this for 10 seconds.
- ◆ Bend the elbow up as far as possible. Do not lift the upper arm while you do this. Use the other arm to help assist with the bending of the elbow if necessary.
- ◆ Hold this for 10 seconds and then repeat.
- ◆ Repeat all of these 5 repetitions.
- ◆ Perform this 4 times per day.

2. Passive Table Stretches with Hands Close

- ◆ Remove your lower arm from your sling or immobilizer.
- ◆ Sit facing a table with your hands approximately 6 inches apart.
- ◆ Use your fingers to walk the hands forward on the table stretching the shoulder very gently.
- ◆ Crawl the fingers out to the point where you feel a stretch but do not force this into sharp pain. Do not bounce while you perform this.
- ◆ Hold the stretch for 30 seconds to one minute and then crawl the hands back and rest for 5-10 seconds.
- ◆ Repeat 5 repetitions of this.
- ◆ Perform this 4 times per day.

3. Passive Table Stretches with Hands Wide

- ◆ Remove your lower arm from your sling or immobilizer.
- ◆ Sit facing a table with the hands approximately 18-24 inches apart.
- ◆ Slowly walk the fingers forward to stretch the shoulder.
- ◆ Keep the hands apart as you do this.
- ◆ Hold the stretch for 30 seconds to one minute.
- ◆ Crawl the fingers back to relax and rest 5-10 seconds.
- ◆ Repeat this for 5 repetitions.
- ◆ Perform this 4 times per day.