

# REVERSE SHOULDER EXERCISES



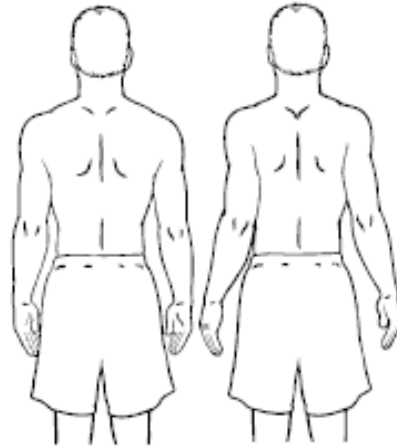
Perform exercises 1-2 sets of 10 reps 2-3 times daily.

## #1- ELBOW FLEXION



Gently bend and straighten elbow.

## #2- SCAPULAR RETRACTION



With arms at sides (surgical arm can be in sling/immobilizer), pinch shoulder blades together. \*Focus on pulling them down and back.

## #3 - TOWEL ROLL SQUEEZE



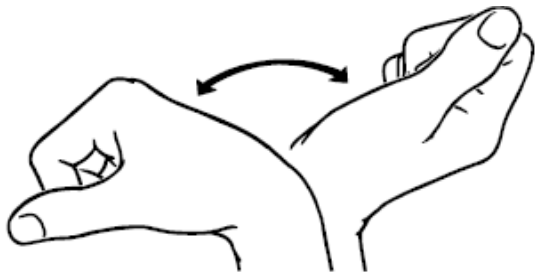
Gently open and close hand, or squeeze ball or towel roll.

# REVERSE SHOULDER EXERCISES



Perform exercises 1-2 sets of 10 reps 2-3 times daily.

## #4 - WRIST FLEXION/EXTENSION



Actively bend wrist forward then back. Focus on light and gentle mobility and stretching.

## #5 - FOREARM SUPINATION



Slowly rotate palm down until stretch is felt. Relax. Then rotate palm up until stretch is felt.