

REVERSE SHOULDER EXERCISES



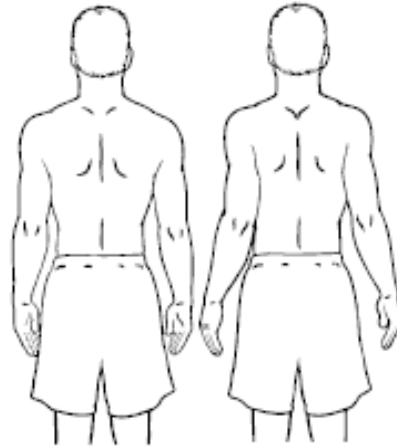
Perform exercises 1-2 sets of 10 reps 2-3 times daily.

#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



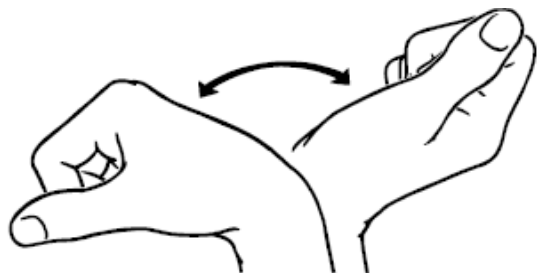
Gently open and close hand, or squeeze ball or towel roll.

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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.