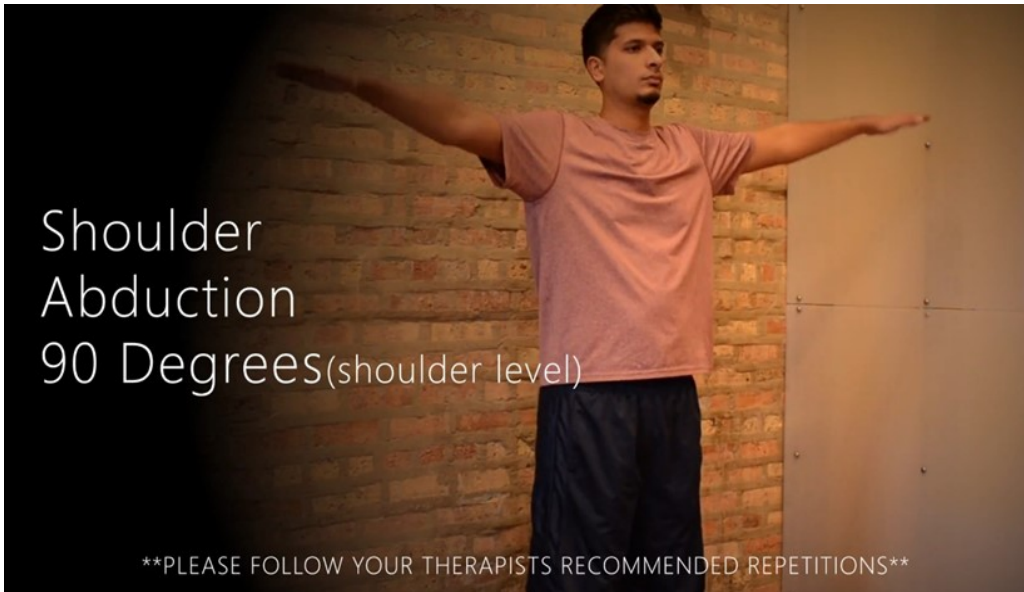


Shoulder
Abduction
90 Degrees(shoulder level)

Start with both arms on the side of your body.

PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS



Shoulder
Abduction
90 Degrees(shoulder level)

Next, raise both arms to the side to about shoulder level. Then bring it back down to you side.

PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS

_____ Sets

_____ Repetitions

