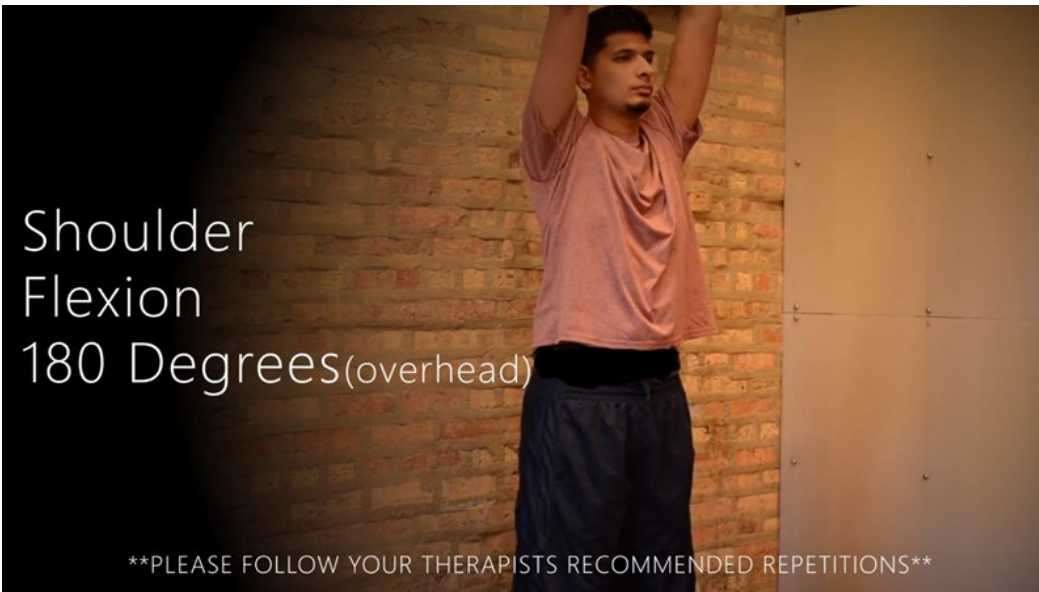


Shoulder Flexion
180 Degrees(overhead)

Start with both arms on the side of your body.

PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS



Shoulder Flexion
180 Degrees(overhead)

Next, raise both arms up and forward toward overhead. Then bring both arms back down to your side.

PLEASE FOLLOW YOUR THERAPISTS RECOMMENDED REPETITIONS

_____	Sets
_____	Repetitions

