

Doorway Pec Stretch at 90 Degrees Abduction

SETS: 3	HOLD: 30	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position in the center of a doorway.

Movement

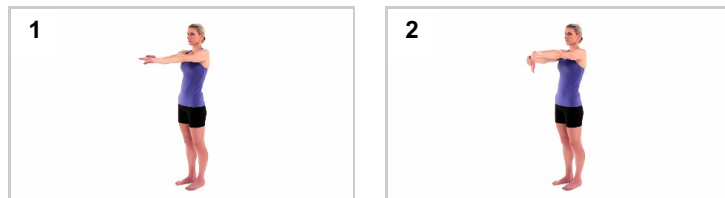
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Standing Wrist Flexion Stretch

REPS: 3	HOLD: 30	DAILY: 2
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Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Tip

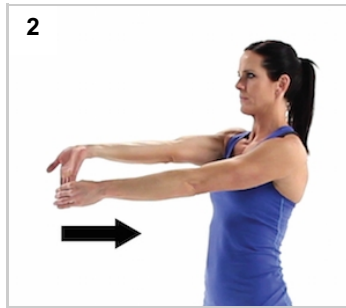
Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

Standing Wrist Extension Stretch

REPS: 3

HOLD: 30

DAILY: 2



Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Seated Eccentric Wrist Flexion with Dumbbell

REPS: 10

SETS: 3

DAILY: 2



Setup

Begin sitting in an upright position with one arm resting on a table, holding a dumbbell with your hand hanging off the edge.

Movement

Use your other hand to curl your wrist up, then slowly lower it back down, and repeat.

Tip

Make sure not to rotate your wrist, and do as little work as possible as your other hand assists in bending your wrist upward.

Seated Eccentric Wrist Extension

REPS: 10	SETS: 3	DAILY: 2
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Setup

Begin sitting in an upright position with one arm resting on a table, holding a dumbbell with your hand hanging off the edge, palm face down.

Movement

Use your other hand to curl your wrist up, then slowly lower it back down, and repeat.

Tip

Make sure not to rotate your wrist, and do as little work as possible as your other hand assists in bending your wrist upward.

Forearm Pronation and Supination with Hammer

REPS: 10	SETS: 3	DAILY: 2
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Setup

Begin sitting with your forearm resting on a table, holding a hammer.

Movement

Slowly rotate your forearm back and forth.

Tip

Make sure to keep your wrist straight throughout the movement.

Wrist Radial Ulnar Deviation AROM

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting with your elbow bent, wrist straight and thumb pointing toward the ceiling.

Movement

Slowly bend your wrist forward and backward.

Tip

Make sure to avoid moving your wrist from side to side and do not let your forearm rotate.

Standing Shoulder External Rotation with Resistance

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm, and your thumbs pointing outward.

Movement

Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.

Tip

Make sure to keep your hips and shoulders facing forward throughout the exercise. Think of squeezing your shoulder blades down and back as you pull your arms outward.

Low Horizontal Abduction with Resistance

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your arms at your sides, holding the ends of a resistance band in each hand.

Movement

Press your hands out to your sides, pulling the band apart, then return to the starting position, and repeat.

Tip

Make sure to keep your arms straight and do not shrug your shoulders during the exercise.