



Step 1: Place a rolled up towel under the elbow against the side of your torso

Step 2: Using your uninjured arm, grasp the injured arm at the wrist level; keeping injured arm palm up

Step 3: Then, using your uninjured arm, passively push the injured arm outward away from the center of your torso; keeping towel roll firmly pressed against the torso with injured arm

Step 4: Finally, using your uninjured arm, passively pull the injured arm back across the torso; again, keeping the towel roll firmly pressed against the torso with injured arm

* **3 sets x 10 repetitions, total of 30 repetitions, 2-3 times per day, daily**