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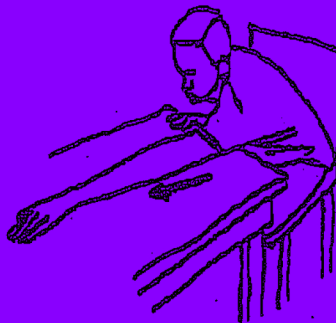
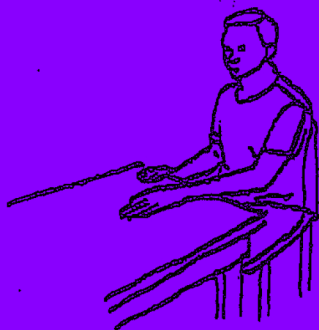


Step 1: Move uninvolved hand down toward involved elbow and allow involved arm to rest cradled on top of uninvolved arm, palm up

Step 2: Using uninvolved arm, passively lift involved arm no higher than parallel to the floor

Step 3: Return arm slowly back to the starting position

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



Step 1: Position yourself in a chair to the side of a table, with involved arm resting on the table

Step 2: Gently, begin to lean (bend) your torso forward; allowing your involved arm to stretch out along the length of the table

Step 3: Return slowly back to the starting position

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