



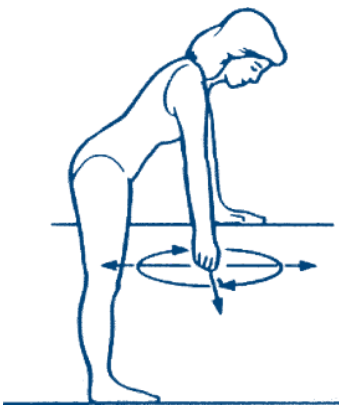
Dr. Rosipal



Dr. Turman

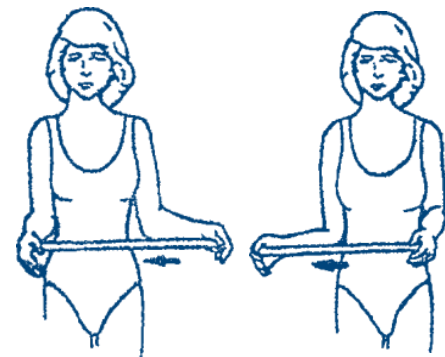
Shoulder Stretching Program

The Pendulum Exercise



**Do this exercise for 2 minutes.
Repeat 2 times per day.**

Stick Exercise

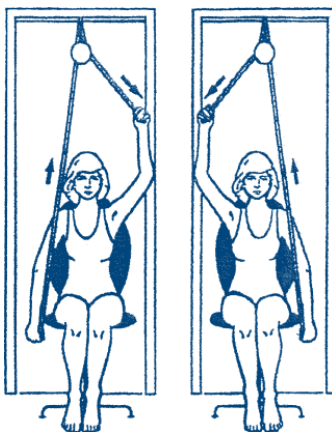


A.

B.

**Do this exercise 10 times.
Hold in position B for a count of 5
seconds. Repeat 2 times per day.**

The Pulley System

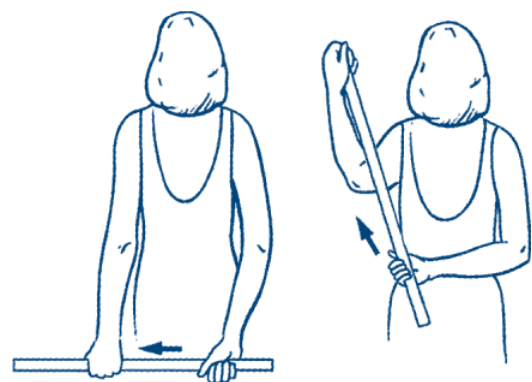


A.

B.

**Do this exercise 10 times. Hold in
position B for a count of 5 seconds.
Repeat 2 times per day.**

Stick Exercise 2



A.

B.

**Do this exercise 10 times. Hold in
position B for a count of 5 seconds.
Repeat 2 times per day.**