



Supine Stick Flexion

1a. Lie on your back with knees bent and stick held in both hands.

1b. Bring straight arms overhead. Keep abdominals engaged and do not overarch low back. Slowly return to start position. Repeat ____ times.



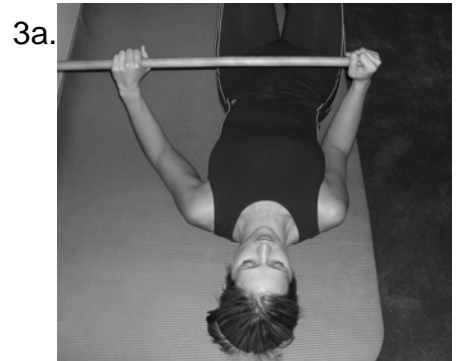
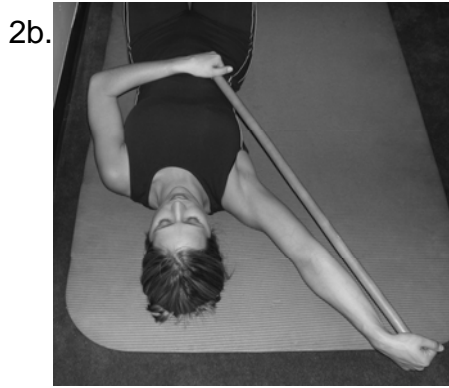
NOTE: Uninvolved arm may carefully move passive involved into increased range of motion.

Supine Stick Abduction

2a. Lie on your back with knees bent. Hold ends of stick.

2b. Use uninvolved side to push involved arm out to the side in an arc. Slowly return to start position.

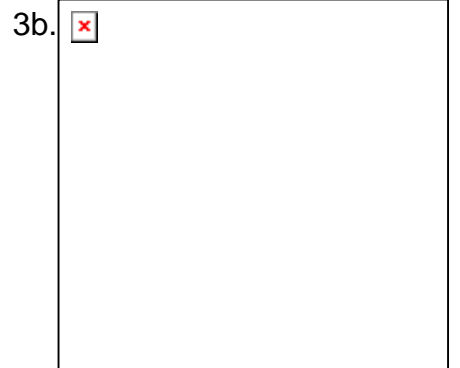
Repeat ____ times.



Supine Stick External Rotation

3a. Lie on back with knees bent and elbows bent to 90°. Grasp stick with both hands, holding the stick end with involved hand.

3b. Keeping the involved elbow close to your side, rotate that shoulder bringing hand toward the floor. Use the uninvolved hand to gently push the involved hand. Slowly return to start position. Repeat ____ times.



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