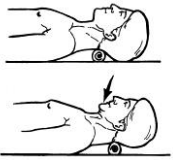
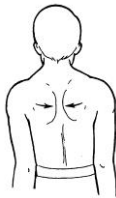


Shoulder Impingement—Phase I

Complete __ sets of __ repetitions __ times a day



- * Place small towel roll at base of skull
- * Gently tuck chin until a stretch is felt



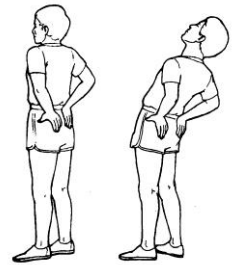
- * Stand with arms at side
- * Squeeze both shoulder blades together
- * Relax and repeat



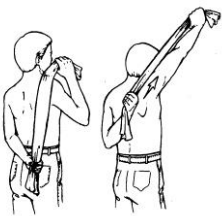
- * Stand or sit, raise shoulders upward toward ears
- * Return to start position



- * Let arm swing freely from front to back and from side to side
- * Use body weight to swing arm



- * Put hands at lower back
- * Arch backward to make hollow of back deeper



- * Hold uninvolved arm over shoulder with towel as shown
- * Grasp towel with involved arm
- * Slowly pull upward with uninvolved arm until a gentle stretch is felt.



- * With shoulders at 90 degree angles, places elbows and forearms on wall
- * Lean forward until stretch is felt in chest



- * Bring involved arm across in front of body
- * Hold elbow with other arm
- * Gently flex the bent arm which will pull the other arm across chest until a stretch is felt in the back of shoulder



- * Place involved arm behind back
- * Use other hand to gently pull head sideways until a stretch is felt in neck



- * Lie on involved side on a flat surface
- * Bring involved arm across in front of body
- * Push down on hand toward table