Do only the exercises checked by your therapist.
Do them ______ times each, ______ times a day.
- Do exercises slowly.
- Breathe in through your nose and out through your mouth. Never hold your breath.
- If you feel any pain or discomfort, tell your therapist.

Exercises

- **Shoulder Flexion**
  - Place the theraband at the level of your shoulders.
  - Pull toward the ceiling.

- **Elbow Flexion**
  - Place the theraband at the level of your waist.
  - Bend your elbows and pull toward your shoulders.
Shoulder External Rotation
- Place the theraband at the level of your waist.
- Cross your arms and grasp the theraband on opposite sides of your body.
- Pull across your body, keeping your elbows at 90 degrees.

Shoulder Internal Rotation
- Place the theraband at the level of your waist.
- Bend your elbows and pull inward toward the center of your body.