

SHOULDER - 1

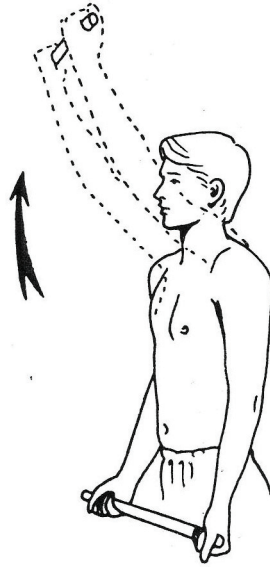
Range of Motion Exercises
(Wand activities): Flexion

Bring wand directly overhead,
leading with uninvolved side.
Reach back until you feel a
stretch.

Hold _____ seconds.

Repeat _____ times.

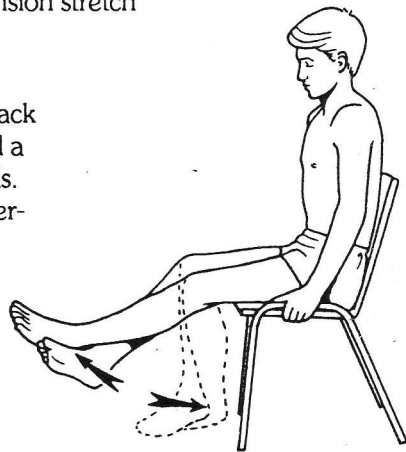
Do _____ sessions per day.



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HIP and KNEE - 6 Self-Mobilization Seated knee flexion/extension stretch

Gently push involved leg back
with good leg until you feel a
stretch. Hold _____ seconds.
Relax. With good leg under-
neath involved leg, slowly
straighten leg out.



Repeat _____ times.

Do _____ sessions per day.

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