

**Iso elbow ext**

- Sit at table, with arm on table, elbow bent, palm down.
- Push down against table.

**Special Instructions:**

DO NOT HOLD BREATH!

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

**Iso elbow flx palm down**

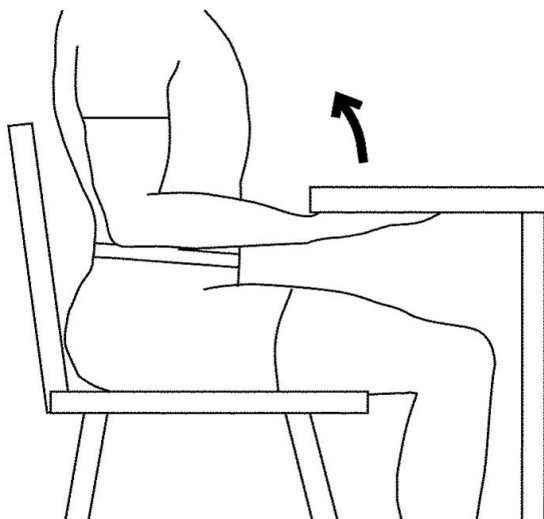
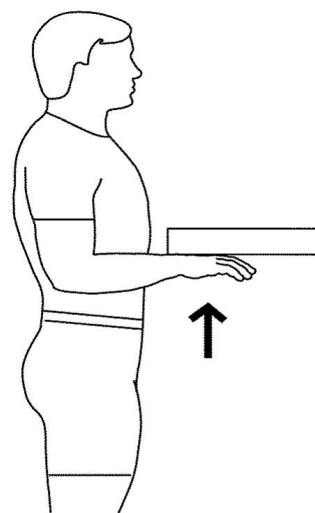
- Sit at table, with arm under table, elbow bent, palm down.
- Push up against table.

**Special Instructions:**

DO NOT HOLD BREATH!

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.



**Iso elbow flx palm up**

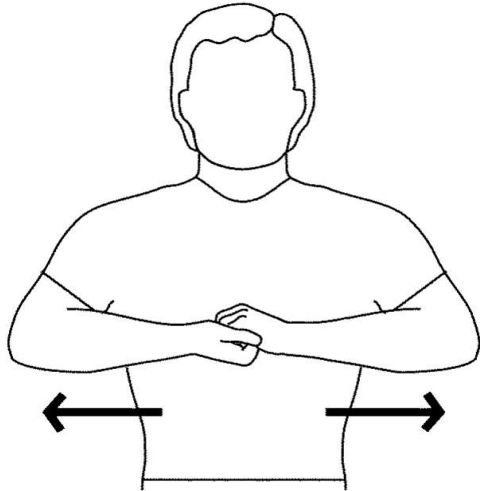
- Sit at table, with arm under table, elbow bent, palm up.
- Push up against table.

**Special Instructions:**

DO NOT HOLD BREATH!

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.



**Iso shld horiz abd bil**

- Stand with arms in front, elbows bent, hands clasped together.
- Hold hands tightly while trying to pull apart.
- Relax and repeat.

**Special Instructions:**

Do Not Hold Breath.

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

**Iso wrist sup**

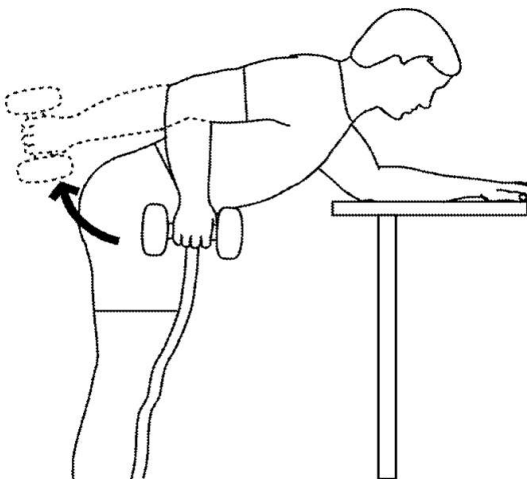
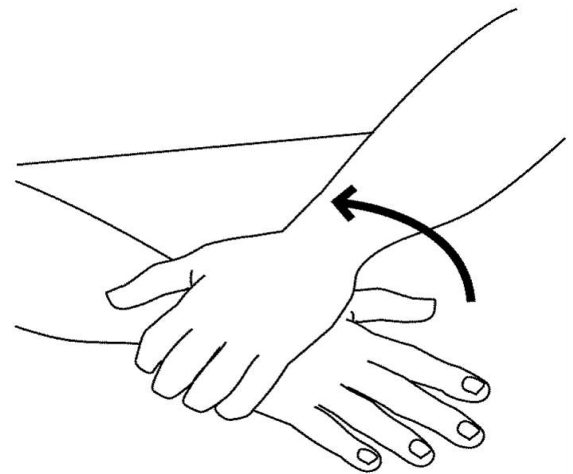
- Sit at table, arm resting on table, palm down.
- Keep elbow bent and at side, while placing other hand across back of hand and thumb.
- Try to turn involved palm upward, while other hand holds in place.

**Special Instructions:**

DO NOT HOLD BREATH!

Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.



**Resist elbow ext w/wt (triceps kickbacks)**

- Stand, leaning over chair or table, arm back, elbow bent, as shown.
- Hold weight in hand.
- Straighten elbow through available range.
- Return to start position.

Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.

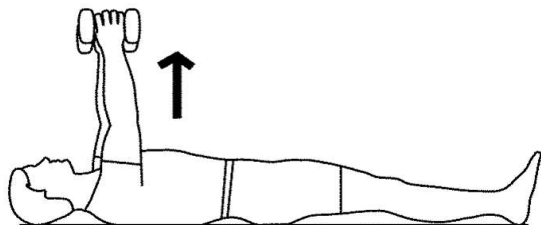
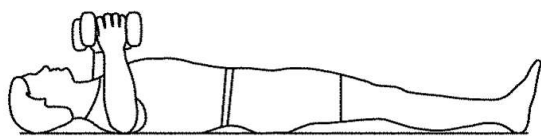
Perform 1 repetition every 4 Seconds.

**Resist shld press bil supine w/wt**

- Lie on back.
- Hold weights in hands, arms at side, elbows bent as shown.
- Lift arms up and overhead.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

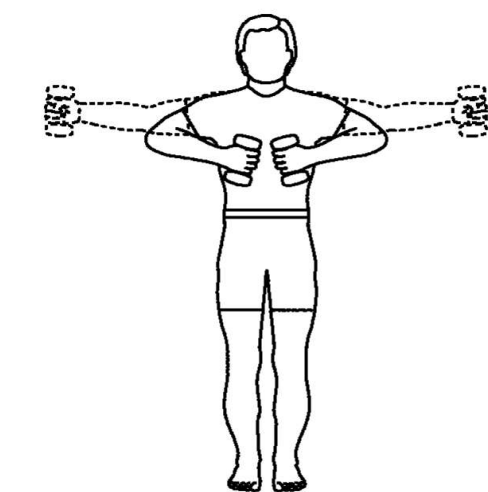
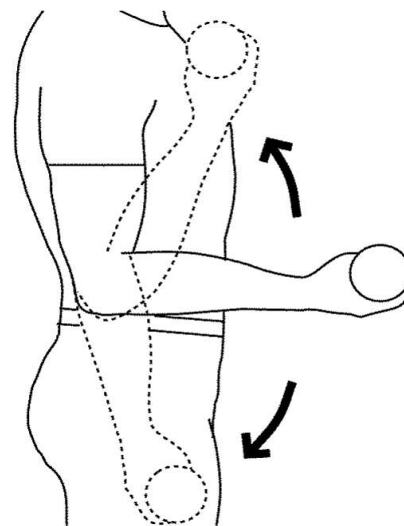


**Resist elbow flx uni w/wt**

- Begin with arm at side, sit or stand, elbow straight, palm up, weight in hand.
- Bend elbow upward.
- Return to starting position.

Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

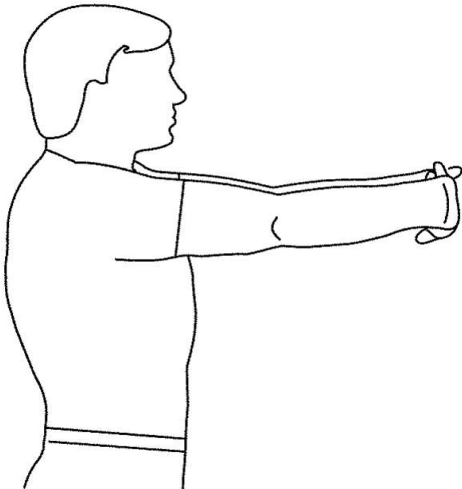


**Resist elbow ext bil (arms abd) w/wt.**

- Hold weights in hands, palms inward as shown.
- Keep elbows out from sides.
- Straighten arms.
- Return and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.



**Stretch Rhomboids, wrist flexors bil (front)**

- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

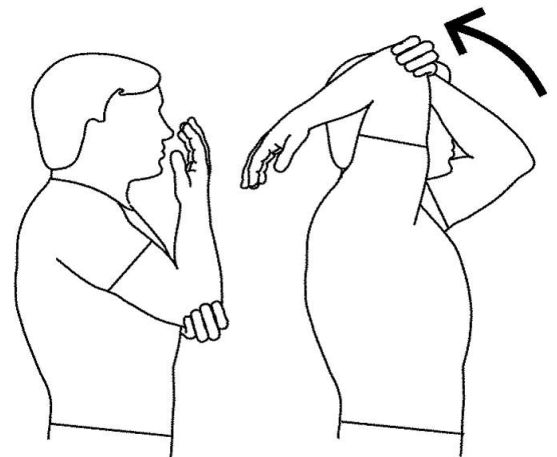
Hold exercise for 20 Seconds.

**Stretch Triceps**

- Begin with arm at side.
- Bend elbow of involved arm.
- With other arm, slowly lift arm overhead, keeping elbow bent.
- Relax and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

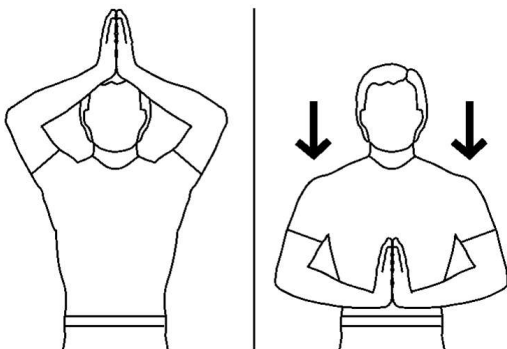


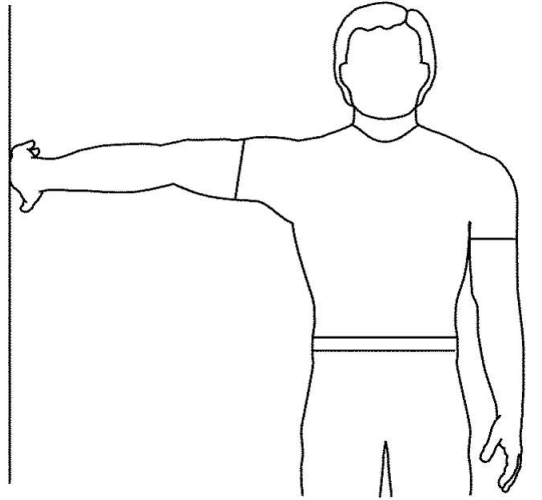
**Stretch wrist flexors bil (prayer)**

- Place palms together over head.
- Keep palms together and move hands downward as far as possible.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.





**Stretch wrist extensors at wall**

- With the arm turned inward, place the back of hand on the wall.
- Slowly stretch top of wrist by holding in place.
- Relax and repeat.

**Special Instructions:**

Keep elbow straight, and thumb down.

Perform 1 set of 4 Repetitions, twice a day.

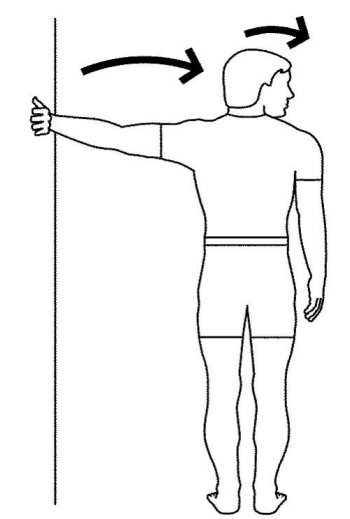
Hold exercise for 20 Seconds.

**Stretch cerv/thoracic/arm neural**

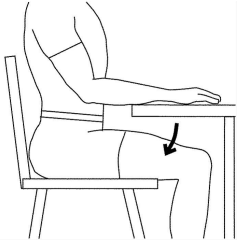
- Stand with left arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to right until a stretch is felt down the front of arm.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.



**1. Iso elbow ext**

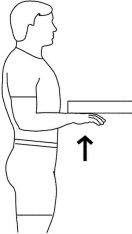


Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		

**2. Iso elbow flx palm down**

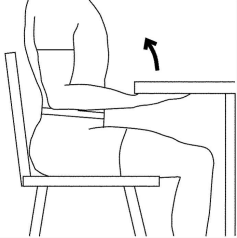


Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		

**3. Iso elbow flx palm up**

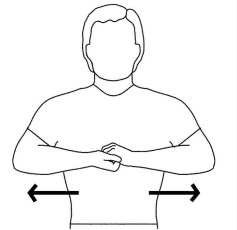


Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		

**4. Iso shld horiz abd bil**

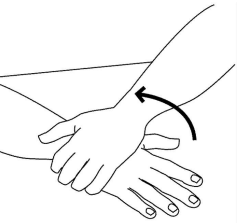


Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		

**5. Iso wrist sup**

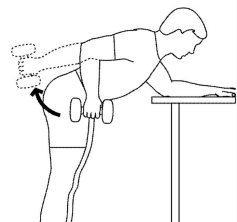


Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		

**6. Resist elbow ext w/wt (triceps kickbacks)**

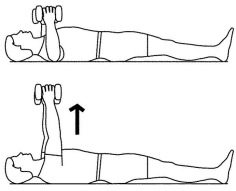


Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		

**7. Resist shld press bil supine w/wt**

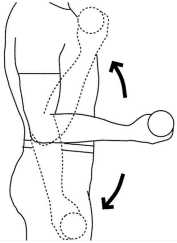


Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

						8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9	
8/10	8/11	8/12	8/13	8/14			

**8. Resist elbow flx uni w/wt**

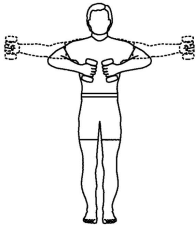


Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

						8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9	
8/10	8/11	8/12	8/13	8/14			

**9. Resist elbow ext bil (arms abd) w/wt.**

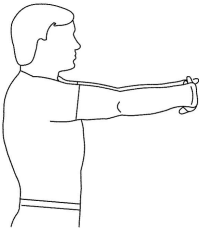


Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

						8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9	
8/10	8/11	8/12	8/13	8/14			

**10. Stretch Rhomboids, wrist flexors bil (front)**

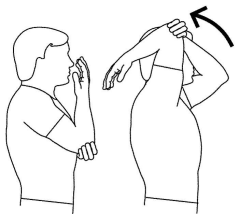


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

						8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9	
8/10	8/11	8/12	8/13	8/14			

**11. Stretch Triceps**

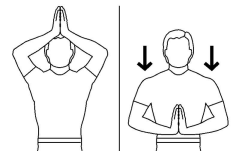


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

						8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9	
8/10	8/11	8/12	8/13	8/14			

**12. Stretch wrist flexors bil (prayer)**

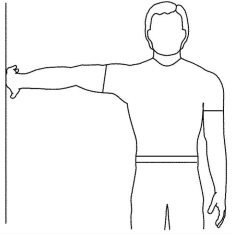


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

						8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9	
8/10	8/11	8/12	8/13	8/14			

**13. Stretch wrist extensors at wall**

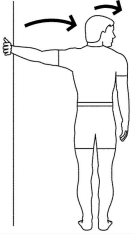


Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		

**14. Stretch cerv/thoracic/arm neural**



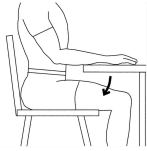
Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

					8/1	8/2
8/3	8/4	8/5	8/6	8/7	8/8	8/9
8/10	8/11	8/12	8/13	8/14		



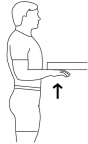
**Iso elbow ext**



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

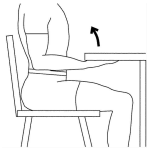
**Iso elbow flx palm down**



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

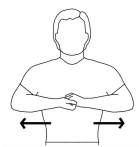
**Iso elbow flx palm up**



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

**Iso shld horiz abd bil**



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

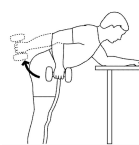
**Iso wrist sup**



Perform 1 set of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.

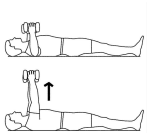
**Resist elbow ext w/wt (triceps kickbacks)**



Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

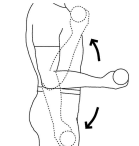
**Resist shld press bil supine w/wt**



Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

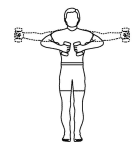
**Resist elbow flx uni w/wt**



Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

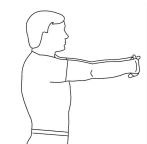
**Resist elbow ext bil (arms abd) w/wt.**



Perform 3 sets of 10 Repetitions, once every other day.

Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

**Stretch Rhomboids, wrist flexors bil (front)**



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

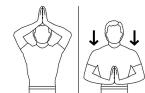
**Stretch Triceps**



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

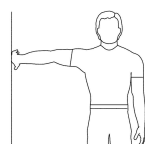
**Stretch wrist flexors bil (prayer)**



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

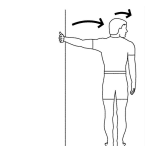
**Stretch wrist extensors at wall**



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**Stretch cerv/thoracic/arm neural**



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.