

Caution: Please consult your healthcare professional before you attempt these exercises.

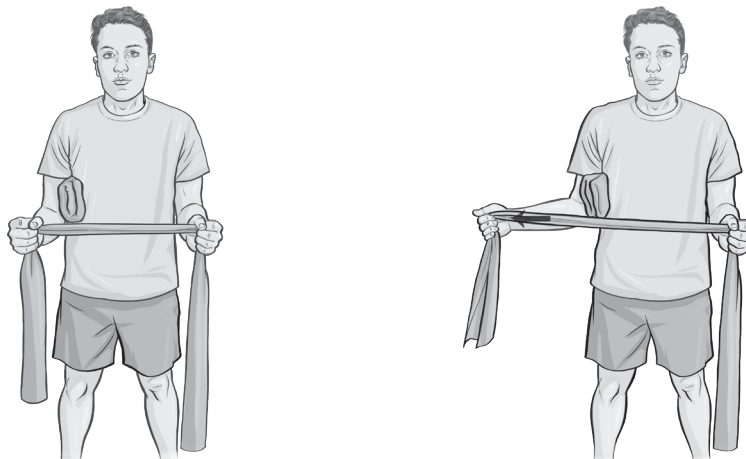
Perform  
twice a day

When using a resistance band, always begin with a low resistance band and gradually increase the resistance level over time. The following presents exercises for the right shoulder. Perform them on the left side if required.

**Internal Rotation** – Tie a knot in the middle of a resistance band and secure the knot behind a closed door. To exercise your right shoulder, place a rolled-up towel between your right elbow and your body, grip the resistance band with your right hand, and stand with enough distance from the door to remove the slack in the band. While keeping your right elbow against your body, pull your right fist across the front of your body. Then, slowly return your fist to the starting position (this movement should take about 4 seconds). Repeat this exercise 10 to 15 times.



**External Rotation** – With a rolled-up towel placed between your right elbow and your body, grip a resistance band with both hands and ensure that the slack in the band is removed. While keeping your right elbow against your body, pull your right fist outward. Then, slowly return your fist to the starting position (this movement should take about 4 seconds). Repeat this exercise 10 to 15 times.



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When using a resistance band, always begin with a low resistance band and gradually increase the resistance level over time. The following presents exercises for the right shoulder. Perform them on the left side if required.

**Flexion** – To exercise your right shoulder, stand with the middle of a resistance band anchored underneath your right foot, grip the band with your right hand, and ensure that the slack in the band is removed. Keeping your right elbow straight, bring your right fist forward and up to your shoulder level. Then, slowly return your fist to the starting position (this movement should take about 4 seconds). Repeat this exercise 10 to 15 times.



**Extension (Image A)** – With the resistance band anchored underneath your right foot, pull your right fist backward to the maximum comfortable position while keeping your elbow straight. Then, slowly return your fist to the starting position (this movement should take about 4 seconds). Repeat this exercise 10 to 15 times.

**Abduction (Image B)** – With the resistance band anchored underneath your right foot, pull your right fist up and outward to your shoulder level while keeping your elbow straight. Then, slowly return your fist to the starting position (this movement should take about 4 seconds). Repeat this exercise 10 to 15 times.

