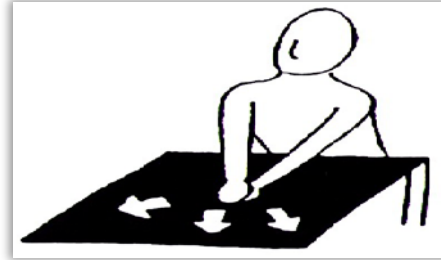


Coker Rehab Services Self Range of Motion

- (1) CLASP HANDS – REACH FORWARD, DIAGONALLY RIGHT-LEFT.



- (2) REACH FORWARD – TOUCH RIGHT-LEFT SHOULDER TO TABLE



- (3) REACH UP DIAGONALLY RIGHT – LEFT LOOKING UP AT HANDS



- (4) LIFT WEAK ARM ABOVE HEAD. STRETCH TO STRONG SIDE.



(5) WITH WEAK ELBOW AT SIDE,
ROTATE HAND OUT.



(5) CLASP HANDS – BEND WRIST
BACK TO LEFT – RIGHT.



(6) FLIP HANDS OVER AND BACK.



(7) LEAN FORWARD – DROPS ARMS
TO CENTER – RIGHT LEFT.



(8) STANDING –LEAN ON ELBOWS
WITH HANDS CLASPED.



(9) LEAN ON PALMS AT SHOULDERS'
WIDTH.

