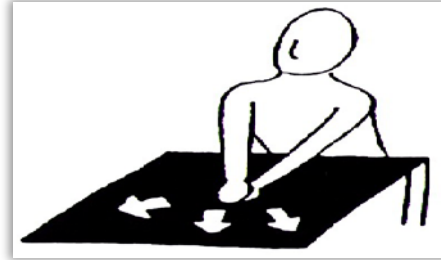


## Coker Rehab Services Self Range of Motion

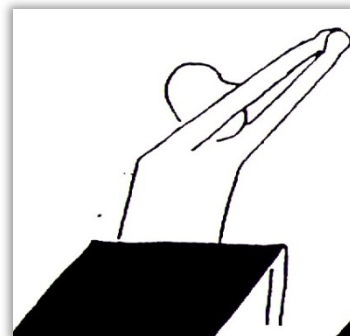
- (1) CLASP HANDS – REACH FORWARD, DIAGONALLY RIGHT-LEFT.



- (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.

