

Home Exercise Program

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View at "my-exercise-code.com" using code: H8FZUL2

Total 1



SIDELYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax and repeat.

Repeat 3 Times Hold 30 Seconds Complete 1 Set

Perform 3 Time(s) a Day