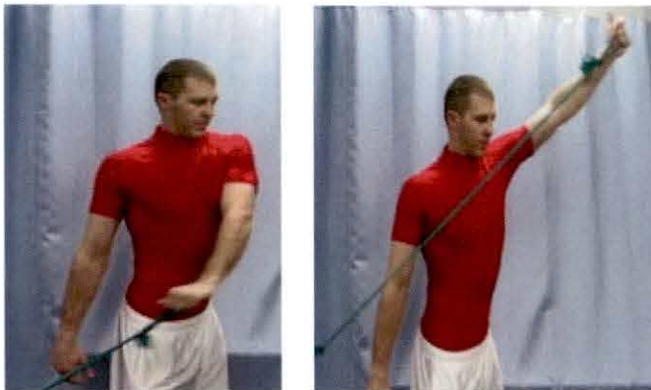


PNF D2 Flexion

Begin this exercise by pinching your shoulder blades together. Keep your arm straight and rotate it as if your thumb was in your front pocket. Keeping your arm straight the entire time, bring your arm across the body, begin rotating your arm as if you are pointing your thumb toward the ceiling. Slowly return the arm to the starting position, keeping your arm straight and putting your thumb back in your front pocket.



PNF D2 Extension

Begin this exercise by pinching your shoulder blades together and grabbing a resistive band overhead. Next pull the resistive band across your body and rotate your arm as if you are putting your thumb into your pocket, keep your arm straight the entire time. Perform this exercise as tolerated.

