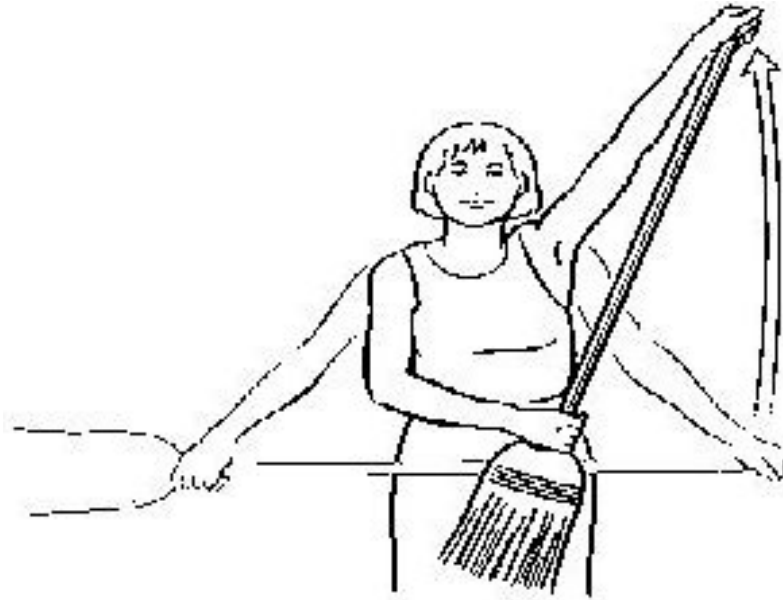


# Shoulder Broomstick Sub-Acute Exercises



Holding stick with both hands, and your affected hand on the end of the stick, use help with your unaffected hand to push your affected hand sideways, forward and backwards.

*Do Not Cause Pain.*

**HOLD:** 5 10 **REPS:** 5 10 **SETS:** 1 2 3

Ice After Exercises, and 20 Mins Every Hour

Name \_\_\_\_\_ Date \_\_\_\_\_ Dr. \_\_\_\_\_