Active Assisted Exercises

Using the unaffected arm gently stretch overhead keeping as close to the ear.

Keeping your elbow into side at 90°, use a stick to gently stretch arm.

Using the unaffected arm, with a tie or towel, pull the affected arm up your back as far as possible.

Using a stick lift both arms overhead as far as able.

Using a stick lift both arms away from your bottom as far as possible.