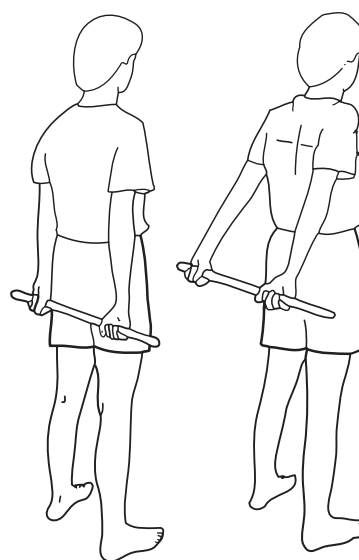


## DOWEL/TOWEL HOME PROGRAM EXERCISES

### SHOULDER EXTENSION

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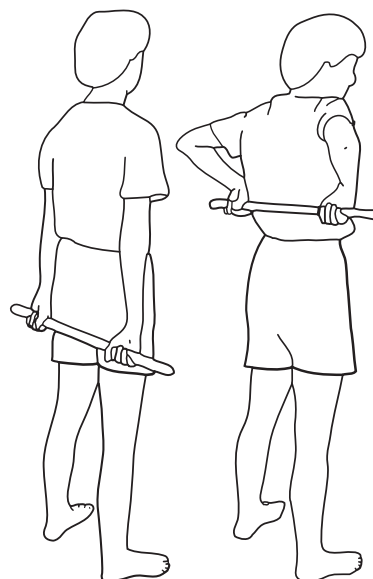
1. While standing or laying down grasp the dowl/towel behind your back.
2. Move the dowl/towel away from your back, keeping your elbows straight.
3. Slowly lower back down.



### INTERNAL ROTATION

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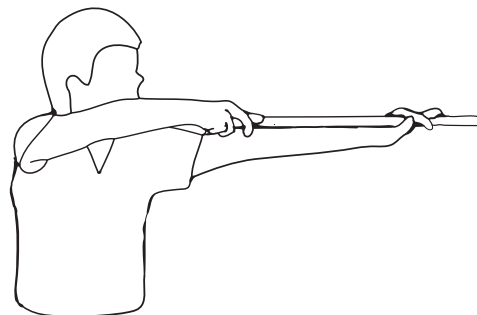
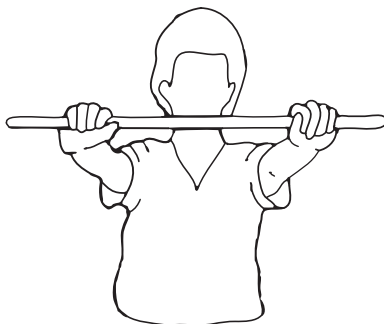
1. While standing or laying down grasp the dowl/towel in both hands behind your back.
2. Move the dowl/towel up and down by bending your elbows.



## DOWEL/TOWEL HOME PROGRAM EXERCISES

### HORIZONTAL ABDUCTION/ADDUCTION

1. Now place your arms straight out in front of you at shoulder height.
2. Keeping your arms straight, swing the dowel/towel to one side, then the other.
3. Do not lower your arms. Repeat to other side.



### SHOULDER ABDUCTION/ADDUCTION

1. Begin holding dowel/towel across your lap.
2. Raise the dowel/towel up and out to the right side, leading with your right arm. Keep your elbows straight. Your dowel/towel should be in a vertical/upright position.
3. Now repeat to the left side.

