

## Exercise Prescription: Repeated Single Arm Extension

### Purpose of Exercise:

This is a self-treatment for shoulder restrictions.

### Frequency:

You may complete this exercise daily, 10 times every hour until the restriction is worked through.

### Starting Position:

Standing with your feet shoulder width apart. Arms are straight and at your sides.

### Exercise Description:

From the starting position, keeping your shoulders square and away from your ears, extend the affected shoulder as far as possible, then return to the starting position. Keep your shoulders and hips square during this movement.

Repeat this movement 10-12 times. Try to extend the arm progressively farther on each subsequent rep.

Remember that some minor new pains are normal and expected. If the pain becomes worse with each repetition (intensifies or spreads down into the hand or fingers), discontinue the exercise.

### Pictures:

