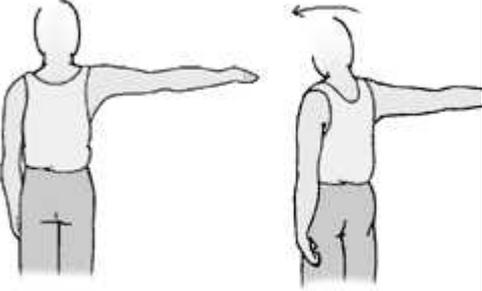
 <p>Shoulder abduction</p>	<p>Shoulder abduction and adduction:</p> <p>Stand upright and hold a stick with both hands, palms down. Rest the stick against the front of your thighs. While keeping your elbows straight, use your good arm to push your injured arm out to the side and up as high as possible. Hold for 5 seconds.</p> <p>Repeat 10 times.</p>
 <p>Scapular range of motion</p>	<p>Scapular range of motion:</p> <p>Stand and shrug your shoulders up and hold for 5 seconds. Then squeeze your shoulder blades back and together and hold 5 seconds. Next, pull your shoulder blades downward as if putting them in your back pocket. Relax.</p> <p>Repeat this sequence 10 times.</p>
 <p>Pectoralis stretch</p>	<p>Pectoralis stretch:</p> <p>Stand in a doorway or corner with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold 15 to 30 seconds.</p> <p>Repeat 3 times.</p>
 <p>Biceps stretch</p>	<p>Biceps stretch:</p> <p>Stand facing a wall (about 6 inches away from the wall). Raise your arm out to your side and place the thumb side of your hand against the wall (palm down). Keep your elbow straight. Rotate your body in the opposite direction of the raised arm until you feel a stretch in your biceps. Hold 15 seconds.</p> <p>Repeat 3 times.</p>

Always remember to warm up for five to 10 minutes before starting your exercises. Warm up by doing very gentle exercises and small movements with your shoulder before doing the exercises listed below. Don't forget to warm up and stretch other parts of your body (neck, back, hands and elbows) too.