Standing Shoulder Posterior Capsule Stretch

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position.

**Movement**
- Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

**Tip**
- Make sure to maintain good posture during the exercise.

Standing Pec Stretch at Wall

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

**Movement**
- Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

**Tip**
- Make sure to only move in a pain free range of motion.

Doorway Pec Stretch at 120 Degrees Abduction

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position in the center of a doorway.

**Movement**
- With your elbows bent, place your hands on the sides of the doorway at roughly a 120 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

**Tip**
- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Doorway Pec Stretch at 90 Degrees Abduction

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position in the center of a doorway.

**Movement**
- With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

**Tip**
- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.
**Standing Shoulder External Rotation Stretch in Doorway**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position in the center of a doorway.

**Movement**
- With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

**Tip**
- Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

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**Shoulder ER Stretch in Abduction**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position facing a wall. Place one arm out to the side, with your elbow bent to 90 degrees, and your arm flat against the wall.

**Movement**
- Gently rotate your trunk away from your arm until you feel a stretch in your chest, then hold.

**Tip**
- Make sure not to shrug your shoulders, and try not to arch your back during the exercise.

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**Doorway Rhomboid Stretch**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position to the side of a doorframe.

**Movement**
- Hold onto the doorframe across your body at shoulder level with one hand, then slowly lean your body in the opposite direction. Hold, then relax and repeat.

**Tip**
- Make sure to maintain a gentle stretch and do not shrug your shoulder.

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**Standing Sleeper Stretch at Wall**

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position with one arm bent 90 degrees across your body, and your shoulder resting against a wall.

**Movement**
- Lean into the wall and apply a gentle downward pressure on your bent arm, just above your wrist, until you feel a stretch in your shoulder and hold.

**Tip**
- Make sure to apply pressure at your wrist and not your hand.

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**Standing Overhead Triceps Stretch**

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position.

**Movement**
- Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

**Tip**
- Make sure to keep your back straight during the exercise.

**Corner Pec Minor Stretch**

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position facing a corner. Keeping your arms straight, place your forearms flat on the wall on each side of the corner.

**Movement**
- Slowly lean forward, taking a small step if needed, until you feel a gentle stretch in the front of your shoulders. Hold this position.

**Tip**
- Make sure to keep your upper back and neck relaxed. Do not shrug your shoulders during the stretch.

**Standing Lean Away Doorway Stretch**

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position facing a doorframe with your feet together.

**Movement**
- Hold onto the doorframe with both hands and slowly let your hips fall backward, rounding your shoulders, until you feel a gentle stretch in your back. Hold this position.

**Tip**
- Make sure to maintain a gentle stretch and only move in a comfortable range.

**Chest and Bicep Stretch - Arms Behind Back**

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position.

**Movement**
- Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

**Tip**
- Make sure to keep your back straight during the exercise.

**Single Arm Doorway Pec Stretch at 90 Degrees Abduction**

**REPS**: 10 | **SETS**: 3 | **HOLD**: 5 | **WEEKLY**: 3x | **DAILY**: 1x

**Setup**
- Begin in a standing upright position in the center of a doorway.

**Movement**
- With your elbow bent, place your forearm on the side of the doorway at a 90 degree angle from your side, then take a small step forward and slightly rotate your body until your feel a stretch in the front of your shoulder. Hold this position.

**Tip**
- Make sure to maintain a gentle stretch and do not shrug your shoulder during the exercise.

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Median Nerve Flossing - Tray

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position with one elbow bent, your palm facing upward as if you were holding a tray, and your head tilted toward that shoulder.

**Movement**
- Straighten your arm and tilt your head towards your shoulder at the same time, then return to the starting position and repeat. Your wrist should stay in the same position.

**Tip**
- Make sure your movements are smooth and continuous.

Median Nerve Tensioner

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position.

**Movement**
- Bend one elbow and wrist upward while turning your head to look at your hand. Then, slowly straighten your elbow and extend your wrist while bending your head away from that arm. Then repeat.

**Tip**
- Make sure to perform the movement in a slow and controlled manner.

Ulnar Nerve Tensioner

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position.

**Movement**
- Bend one arm upward at the elbow with your palm toward the side of your head and your head tilted toward the opposite shoulder. Straighten your arm down toward your side, and tilt your head to that same shoulder. Then repeat.

**Tip**
- Make sure to perform the movement in a slow and controlled manner.

Radial Nerve Dynamic Mobility Single Arm

**REPS:** 10 | **SETS:** 3 | **HOLD:** 5 | **WEEKLY:** 3x | **DAILY:** 1x

**Setup**
- Begin in a standing upright position with one arm crossed over your chest, hand flat, and palm facing inward.

**Movement**
- Slowly straighten your arm out and back, rotating your palm to face backward at the same time, looping your thumb and index finger together. Return to the starting position and repeat.

**Tip**
- Make sure your motions are smooth and continuous.
**Ulnar Nerve Flossing**

**REPS:** 10  |  **SETS:** 3  |  **HOLD:** 5  |  **WEEKLY:** 3x  |  **DAILY:** 1x

**Setup**
- Begin in a standing upright position with one arm straight out to your side at shoulder height, wrist bent backward with your palm facing out.

**Movement**
- Simultaneously bend your elbow inward and curl your wrist, then return to the start and repeat.

**Tip**
- Make sure to keep your motions smooth and continuous and do not shrug your shoulder as you move your arm.

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