

Ryan Neeley, DO
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6 week Post Op Home Exercises

Each Exercises is done for 5 minutes. 3 times per day. And performed daily! Hold each stretch for 10 second. Good Luck!

1. Supine Forward Elevation (With Cane/Stick)



2. External Rotation Stretch



3. Table Slides/Forward Lean

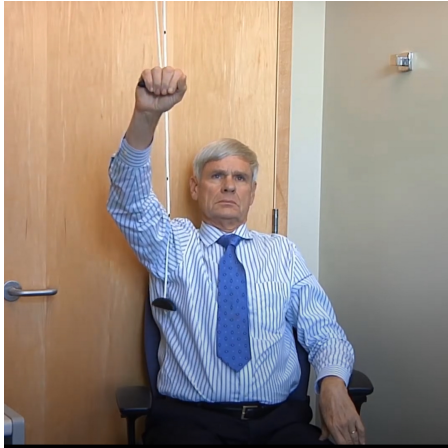


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4. Pulleys



5. Wall Walks (Advanced move:wax on/wax off 10 times each)



6. Internal Rotation Stretch with Towel

