

1
Start



1 Tube over door, hold door with chest pull little finger to front of shoulder pull elbow back towards scapulae

Finish



2 Place tube around doorknob and between thumb and index finger, stand sideways to door, find comfortable body angle and tubing tension then short -pant leg repetitions- stabilize shoulder with opposite hand- acupressure tender points.



3

3 Tube around doorknob -Place elbow securely against ribs. Find comfortable body angle and grab tube like a pistol -pull tube internal rotation across body- stabilize and acupressure tender points



4 Tube around doorknob, hold tube between thumb and index finger- face away from door push hand forward away from body.



**REMEMBER:
NEVER EXERCISE
INTO PAIN.**

STOP AT EDGE OF DISCOMFORT

- 1) COMFORTABLE POSITION
- 2) COMFORTABLE TUBE TENSION
- 3) COMFORTABLE RANGE OF MOTION

6 Place tube around doorknob -hold tube like a gun- Place elbow securely against ribs. Stabilize sore shoulder with opposite hand -acupressure tender points. Find comfortable body angle -pull tube back hand external rotation across body.



5

5 Baseball throw tube around doorknob -Face way from door- Place elbow as far up and back as comfortable -hand up and behind ear- like a baseball pitcher - use short forward throwing strokes.



7 comb hair



7 Tube around doorknob -grab tub facing door.