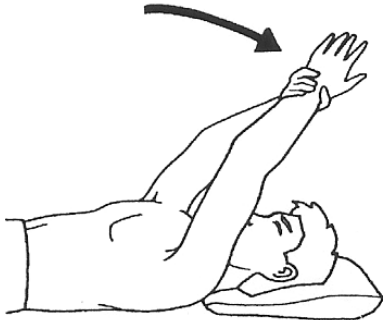


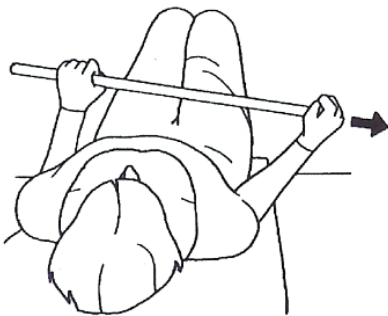
### Active Assisted Exercises

This type of exercises are primarily used to regain range of movement often this is used after surgery or after injury.

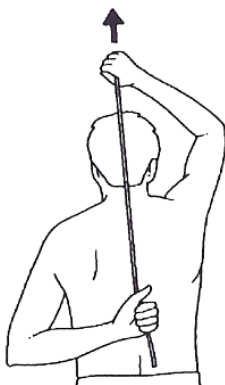
Each exercise should be done 10 times repeated 4 times per day.



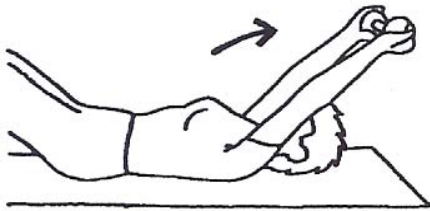
Using the unaffected arm gently stretch overhead keeping as close to the ear



Keeping your elbow into side at 90° use a stick to gently stretch arm



Using the unaffected arm with a tie or towel pull the affected arm up your back as far as possible



**Using as stick lift both  
arms overhead as far  
as able**



**Using stick lift both  
arms away from  
bottom as far as  
possible**

