Seated Scapular Retraction
Reps: 10  
Sets: 3  
Hold (sec): 5  
Weekly: 5x  
Daily: 3x

**Setup**
- Begin sitting in an upright position.

**Movement**
- Gently squeeze your shoulder blades together, relax, and then repeat.

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

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Circular Shoulder Pendulum with Table Support
Reps: 10  
Sets: 3  
Hold (sec): 5  
Weekly: 5x  
Daily: 3x

**Setup**
- Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

**Movement**
- Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

**Tip**
- Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

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Seated Shoulder Flexion Towel Slide at Table Top
Reps: 10  
Sets: 3  
Hold (sec): 5  
Weekly: 5x  
Daily: 3x

**Setup**
- Begin sitting facing a table or counter top with your hand resting flat on a towel.

**Movement**
- Slowly lean forward to slide your hand and towel across the table. Return to the starting position and repeat.

**Tip**
- Try to avoid shrugging your shoulder during the exercise and make sure your hand stays on the table.

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Seated Elbow Flexion and Extension AROM
Reps: 10  
Sets: 3  
Hold (sec): 5  
Weekly: 5x  
Daily: 3x

**Setup**
- Begin sitting upright in a chair with one arm straight at your side.

**Movement**
- Bend your elbow upward as far as is comfortable, then straighten it and repeat.

**Tip**
- Make sure to keep your movements slow and controlled.
Setup
- Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing up.

Movement
- Slowly bend your wrist upward as far as is comfortable, then return to the starting position and repeat.

Tip
- Make sure not to rotate your forearm during this movement.