

Patient: Date:

Provider: Next Appt:

Special Instructions:

TIP OF THE DAY.

Did you know? Cordyceps, the mushrooms energizing properties helps increase cellular energy metabolism, boost adrenal function to adapt to stress, increase capillary circulation and improve oxygen utilization, and regulates immune function.

SHOULDER EXERCISES

These exercises are intended to stretch and reinforce the shoulders. Prior to starting the exercise, read all the directions. While exercising, breathe as you would normally and utilize fluid motions. If you experience pain, stop the exercise. If pain continues, let your healthcare provider know.

CORNER STRETCH

1. Standing facing a corner, with one of your feet slightly in front of the other and elbows at shoulder level, place your forearms onto each wall.
2. Lean into corner until you experience a stretch across the chest. Hold for _____ seconds. Go back to initial position.
3. Do _____ repetitions _____ sets a day.

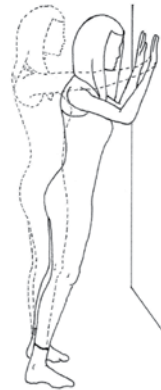


CAUTION

- Keep the ears, shoulders, and hips aligned.

WALL PUSH-UP

1. With your feet and hands shoulder-width apart, put the palms of your hands on a wall and stand about an arm's length away from it.
2. Keeping the knees straight and heels on floor, bend the elbows and lean forward as far as you can comfortably. Then push away from wall.
3. Do _____ repetitions _____ sets a day.



CAUTION

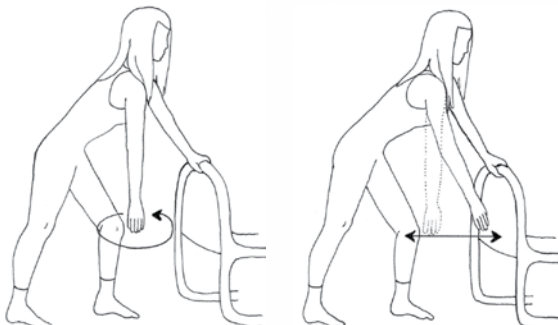
- Wear shoes that will prevent you from slipping.

PENDULUM EXERCISE

1. Step forward with the _____ foot and grab the back of a chair with the hand on that same side. Allow the other arm to hang.
2. Swing the free arm backward and forward a few times, then in circles that start out small and steadily get bigger.
3. Continue the circles for _____ seconds. Switch directions. Relax.
4. Do _____ repetitions _____ sets a day.

CAUTION

- Keep the shoulders relaxed.
- Keep the back straight.



BROOM STRETCH

1. Lay the palm of your _____ hand over the end of a stick (or a broom or cane). Grab farther down the stick with the other hand, with the palm down.
2. Push the end of stick up to your _____ side as far as you can without any discomfort. Hold for _____ seconds. Return to the beginning position.
3. Do _____ repetitions _____ sets a day.

CAUTION

- Stand straight as you do exercise.
- Don't force the stretch.



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Did you know? Garlic can prevent atherosclerosis and coronary blockage, reduces blood clot formation, stimulate pituitary gland, regulate blood sugar, and prevent cancer.
(Garlic has antibacterial function that are often used to treat minor infections)

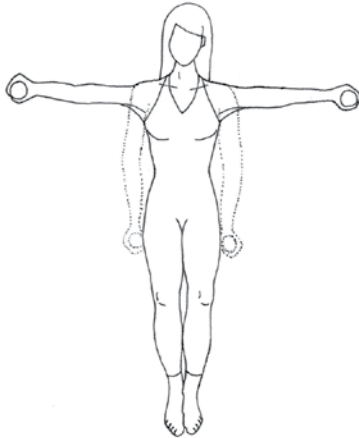
SHOULDER EXERCISES

SIDE RAISE

1. Hold a ____-pound weight in each hand and stand with arms at your sides, palms facing your body.
2. Keeping your elbows straight, gradually raise your arms no more than shoulder level.
3. Gradually drop your arms to initial position.
4. Do ____ repetitions ____ sets a day.

CAUTION

- Keep neck and shoulders relaxed.



FRONT RAISE

1. Stand with your palms back and hands at sides. Grab a ____-pound weight or in your ____ hand.
2. Lift the arm in front of your body as high as you can comfortably, keeping both your back and elbow straight. Resume the beginning position.
3. Do ____ repetitions ____ sets a day.

CAUTION

- Keep the hand in front of the body.
- Keep the back straight and shoulders relaxed.

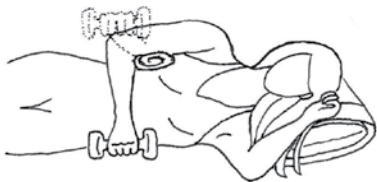


EXTERNAL ROTATION

1. Lie on your ____ side with head supported with a pillow or your arm.
2. Put a small, rolled-up towel beneath your top elbow. Clutch a ____-pound weight with the top hand and bend that arm to a 90-degree angle, relaxing the forearm against the stomach.
3. Leaving the elbow against the towel, gradually lift weight until the forearm is a little higher than the elbow. Come back slowly to beginning position.
4. Do ____ repetitions ____ sets a day.

CAUTION

- Keep elbow against towel



INTERNAL ROTATION

1. With your knees bent, lie on your back on a firm surface. Grasp a ____-pound weight in your ____ hand. Bend that arm to 90-degree angle, resting the elbow and forearm, with palm up, on a pillow.
2. With your elbow next to your side, lift your hand and forearm toward stomach.
3. Gradually return your forearm to the pillow.
4. Do ____ repetitions ____ sets a day.

CAUTION

- Stabilize head with pillow.

