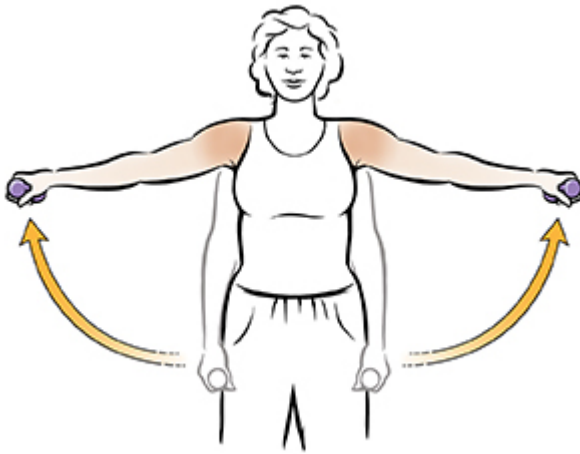


Shoulder Abduction (Strength)



1. Stand up straight with your feet slightly apart and hold a hand weight in each hand. Your healthcare provider will tell you what size hand weights to use. Hold your arms down at your sides.
2. Slowly raise your arms up and out to the side until the weights are at shoulder level. Then slowly lower your arms back down. Repeat 5 times, or as directed.
3. Do this exercise 3 times a day, or as directed.

Safety tip: Don't swing the weights quickly or raise them above shoulder level.