

Do's & Dont's



- **Figures A & B:** Avoid lifting heavy objects with your palms facing the ceiling (figure A). Instead, lift with your palms facing you (figure B).
- **Figure C:** Sleep with a small pillow in the crook of your arm to avoid lying asleep with your arm bent excessively for extended time periods.

Doorway Molding Stretch

Stand in a doorway with one leg in front of the other. Grasp the doorway molding at about shoulder level, as in the figure to the right. Twist your body away while maintaining your hold on the molding. You should feel a stretching sensation in the front part of your arm. Continue to lean into this stretched position for 3-5 deep breaths. On each inhalation you will feel the stretch increase and upon exhalation the stretch will diminish. Try to keep the tension at the same level by twisting more with each exhalation.

Repeat this exercise 2-3 times a day until you no longer feel the tightness in your arm when performing it.



Lying Self-stretch



Lying on your back with your arm raised over your head allow gravity to stretch you arm out for 3 deep breaths (figure A). Lift your arm 1 inch toward the ceiling and hold it there for 3 deep breaths (figure B). Upon completion of the breathing allow your arm to slowly return towards its starting position. Repeat this muscle contraction & release 3 times. Eventually, your arm should rest comfortably on the table, figure C.

Perform this exercise 2-3 times a day until you no longer feel the tightness in your arm when in the starting position and it comfortably rests in the position of figure C when starting.

To strengthen the biceps, start in the seated position with your elbow resting on your knee, as shown in figure A, holding not more than 5 lb dumbbell. Flex your arm while exhaling fully, as shown in figure B. Hold this position for 2 seconds. Then, allow gravity to slowly return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Diaphragmatic or Belly Breathing



To strengthen the biceps, sit facing the machine with your arms outstretched and your palms towards the floor, as shown in figure A. Flex your arms while twisting your palms towards your chest while exhaling fully, as shown in figure B. Hold this position for 2 seconds. Then, allow the machine to return you to the starting position as you inhale. Repeat this action for a total of 8-12 times, then take a 30-90 second break and repeat as directed by your physician or for a total of 3 sets.

Side-lying Stretch



Also Train: Triceps, Deltoids & shoulder rotator muscles!