

## FIGURE 8 STABILIZATION

- ◆ Do this exercise three times per day.
- ◆ Lie on your back with the affected arm reaching toward the ceiling.
- ◆ Place a \_\_\_\_\_ weight in that hand.
- ◆ Reach that arm as far toward the ceiling as possible and maintain it for the duration.
- ◆ Swing the weight in figure 8s clockwise for ten cycles and counter clockwise for 10 cycles.
- ◆ Remember to reach as far as you can while performing the exercises.
- ◆ Repeat this sequence three times.

