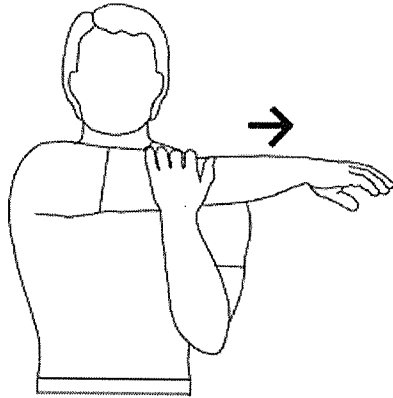


Posterior Capsule Stretches

Perform each exercise for 30 seconds, three times per side, can do up to three times a day.

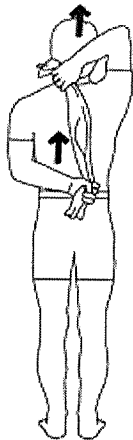
1. Bring arm across body, pulling in at the elbow under your chin.

Ex:



2. Using a towel or sheet pull arm up behind your back.

Ex:



3. Laying on side or standing next to wall, make a box with your arm out in front of you and push the arm down at the wrist.

Ex:

