

Tips to stay **STRONG**

S

START low and increase slowly

T

TWO sessions each week

R

REDUCE weight if you miss any sessions

O

OVERALL daily arm work is important

N

NOTICE symptom changes that last a week or more

G

GET in touch with your health care provider if you are experiencing symptoms

Physical Therapist: _____

Phone Number: _____

IF YOU HAVE A MEDICAL EMERGENCY, CALL 911.