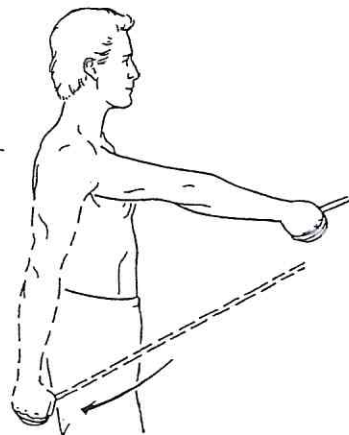


SHOULDER - 45 Strengthening: Resisted Extension

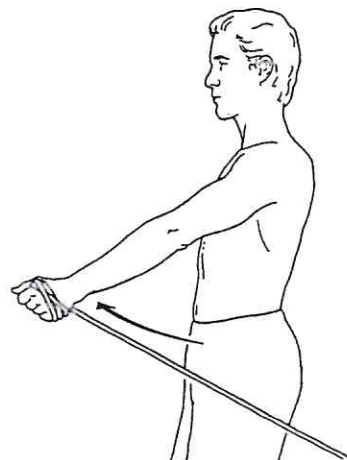
Hold tubing in right hand, arm forward. Pull arm back, elbow straight.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 41 Strengthening: Resisted Flexion

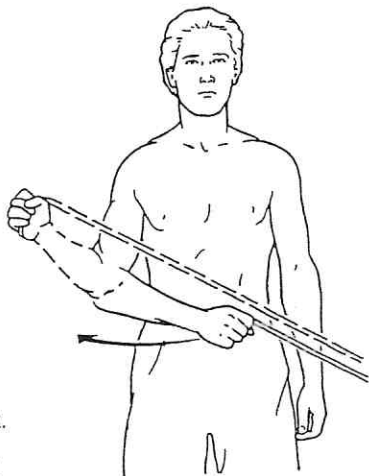
Hold tubing with right arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

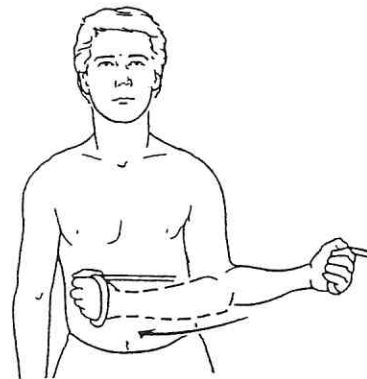
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

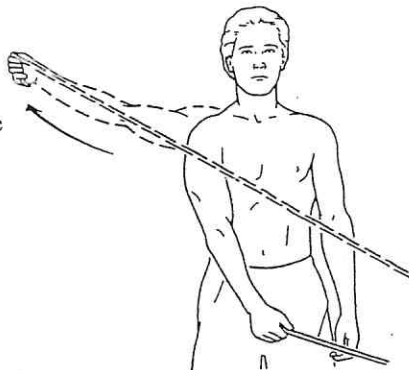
Hold tubing in right hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

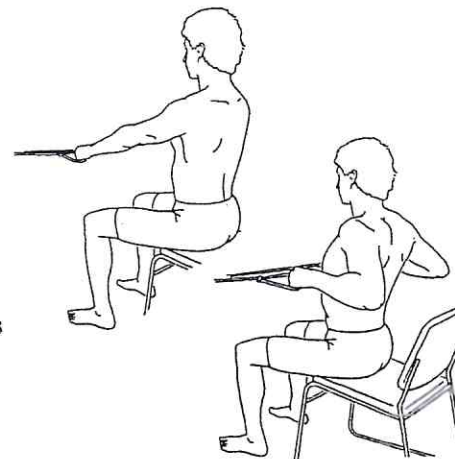
Hold tubing with right arm across body. Pull up and away from side. Move through pain-free range of motion.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

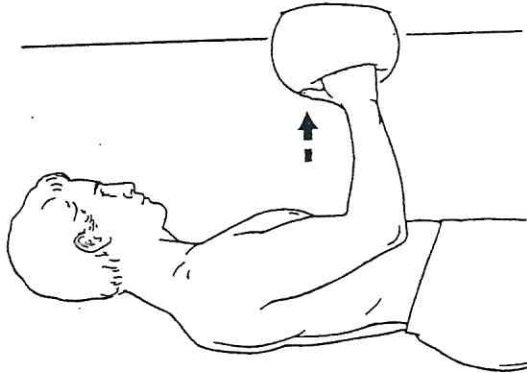
BACK - 43 Scapular Retraction: Bilateral

Facing anchor, pull arms back, bringing shoulder blades together.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

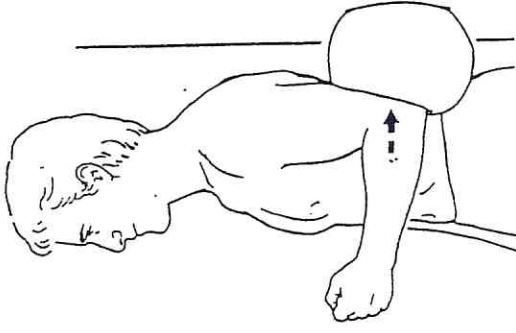
SHOULDER - 29 Strengthening: Isometric Flexion



Using wall for resistance, press right fist into ball using light pressure. Hold 5 seconds.

Repeat 30 times per set.  
Do      sets per session.  
Do 1-2 sessions per day.

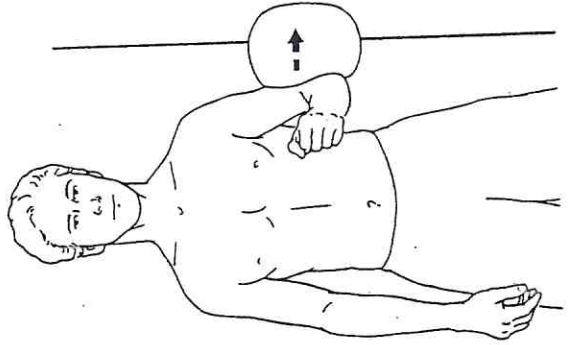
SHOULDER - 31 Strengthening: Isometric Extension



Using wall for resistance, press back of left arm into ball using light pressure. Hold 5 seconds.

Repeat 30 times per set.  
Do      sets per session.  
Do 1-2 sessions per day.

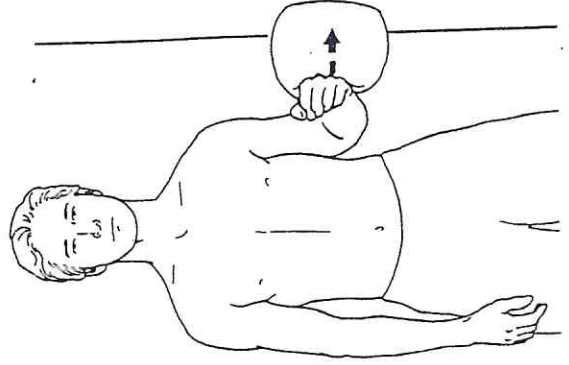
SHOULDER - 32 Strengthening: Isometric Abduction



Using wall for resistance, press left arm into ball using light pressure. Hold 5 seconds.

Repeat 30 times per set.  
Do      sets per session.  
Do 1-2 sessions per day.

SHOULDER - 36 Strengthening: Isometric External Rotation



Using wall to provide resistance, and keeping right arm at side, press back of hand into ball using light pressure. Hold 5 seconds.

Repeat 30 times per set.  
Do      sets per session.  
Do 1-2 sessions per day.

SHOULDER - 25 ROM: Pendulum (Side-to-Side)

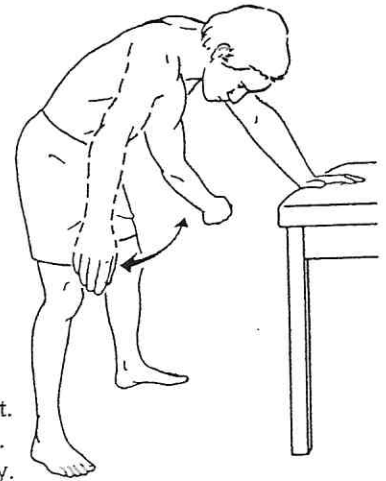
Let right arm swing freely from side to side by rocking body weight from side to side.



Repeat 30 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

SHOULDER - 28 ROM: Cross (Horizontal Abduction / Adduction)

Reach right arm across body as far as possible, then pull arm out from side.



Repeat 30 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

SHOULDER - 26 ROM: Pendulum (Circular)

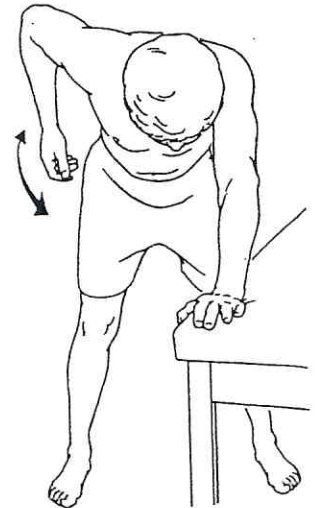
Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 30 times each direction per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

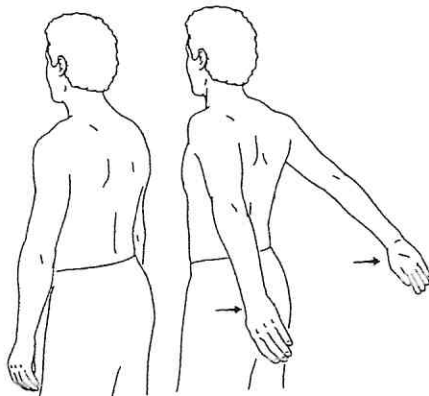
SHOULDER - 27 ROM: Saw (Protraction / Retraction)

Reach right arm out in front, then pull arm back, pinching shoulder blades together.



Repeat 30 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

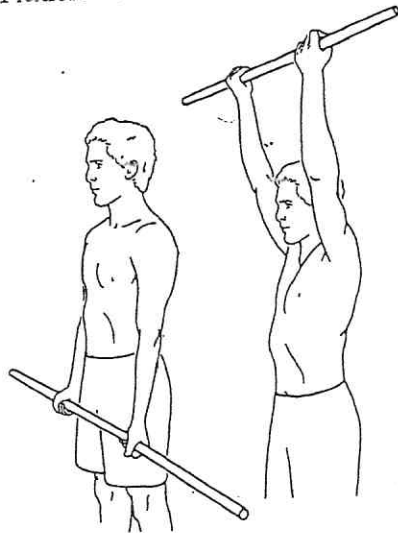
SHOULDER - 87 ROM: Extension (Standing)



Bring arms straight back as far as possible without pain.  
Repeat 30 times per set. Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

SHOULDER - 1 ROM: Flexion - Wand

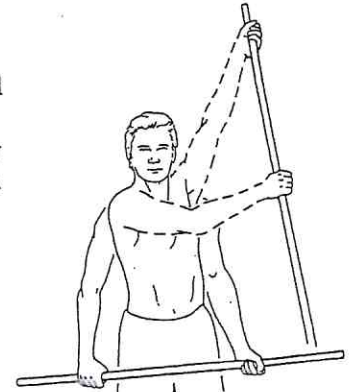
Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold 10 seconds.



Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

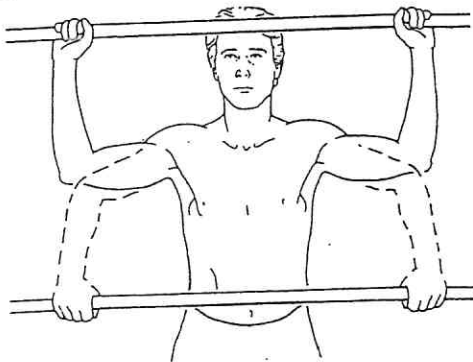
SHOULDER - 2 ROM: Abduction - Wand

Holding wand with left hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 10 seconds.



Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

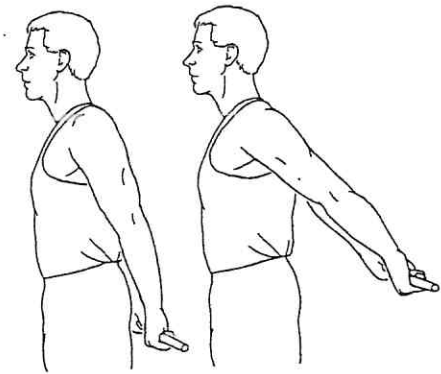
SHOULDER - 4 ROM: External / Internal Rotation - Wand



Bring wand up over head, then down toward waistline. Hold each position 10 seconds.

Repeat 13 times per set. Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

SHOULDER - 94 ROM: Extension - Wand (Standing)

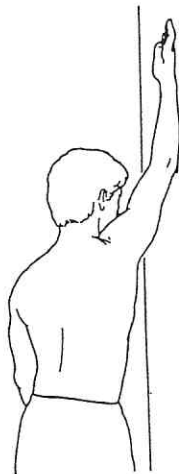


Stand holding wand behind back. Raise arms as far as possible.

Repeat 10 times per set. Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

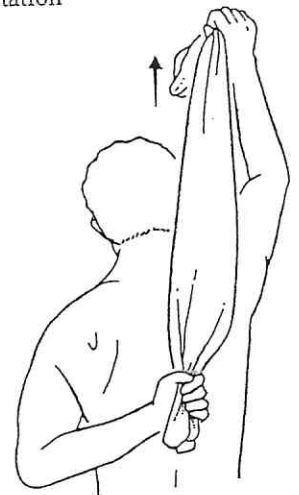
Slide right arm up wall, with palm out, by leaning toward wall. Hold 10 seconds.



Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.

SHOULDER - 73 ROM:  
Towel Stretch - with Interior Rotation

Pull left arm up behind back by pulling towel up with other arm. Hold 10 seconds.



Repeat 10 times per set.  
Do \_\_\_\_\_ sets per session.  
Do 2-3 sessions per day.