

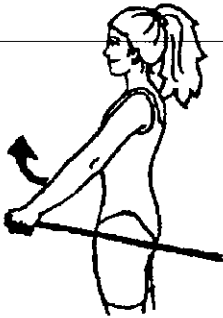


Shoulder Strengthening Exercises

General Instructions: Make sure you stretch before starting these exercises. Start slowly and increase the repetitions only if there is little or no discomfort. Make sure you ice when you are finished.

Resisted Shoulder Flexion (tubing)

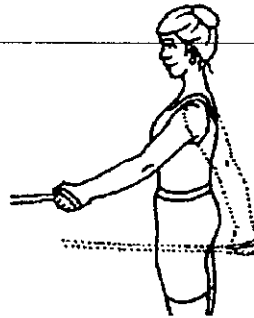
Using rubber tubing, begin with arm at side and pull forward and upward as shown.



Repeat 2 repetition(s) per set.
Do 1 set(s) per session.
Do 0 session(s) per day.

Resisted Shoulder Extension (tubing)

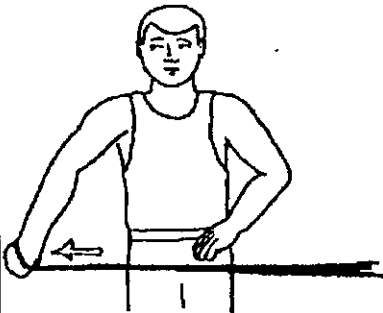
Using rubber tubing, keep elbow straight while pulling arm backward as shown.



Repeat 8 repetition(s) per set.
Do 2 set(s) per session.
Do 1 session(s) per day.

Resisted Shoulder Abduction (tubing)

Using rubber tubing, begin with arm at opposite hip and pull across front of body as shown.



Repeat 8 repetition(s) per set.
Do 2 set(s) per session.
Do 1 session(s) per day.

Shoulder Horizontal Abduction with External Rotation (prone)

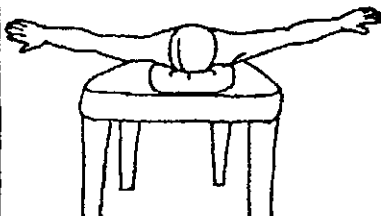
Keeping elbows straight and thumbs pointing up, raise arms straight out from sides while pinching shoulder blades together.



Repeat 8 repetition(s) per set.
Do 2 set(s) per session.
Do 1 session(s) per day.

Shoulder Horizontal Abduction with Internal Rotation (prone)

Keeping elbows straight and thumbs pointing down, raise arms straight out from side while pinching shoulder blades together.



Repeat 8 repetition(s) per set.
Do 2 set(s) per session.
Do 1 session(s) per day.

Supraspinatus Strengthening Exercise

Keeping elbow straight and thumb pointing down, bring arm forward and up at an angle approximately 30 degrees from your side.



Use 2 pound(s).
Repeat 5 time(s).
Do 1 session(s) per day.

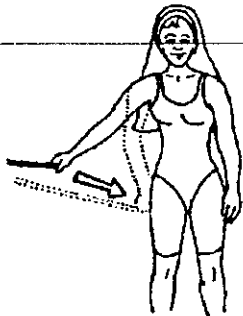


Shoulder Strengthening Exercises

General Instructions: Make sure you stretch before starting these exercises. Start slowly and increase the repetitions only if there is little or no discomfort. Make sure you ice when you are finished.

Resisted Shoulder Adduction (tubing)

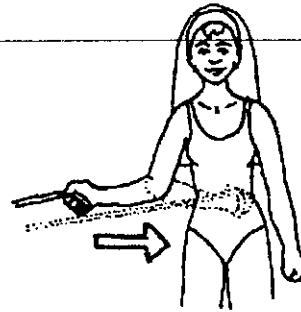
Using rubber tubing, begin with arm out to side and pull in to side of body.



Repeat 2 repetition(s) per set.
Do 1 set(s) per session.
Do 0 session(s) per day.

Resisted Shoulder Internal Rotation (tubing)

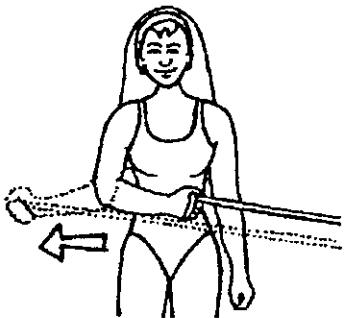
Using rubber tubing, keep elbow in at side while you rotate arm inward across body.



Repeat 8 repetition(s) per set.
Do 2 set(s) per session.
Do 1 session(s) per day.

Resisted Shoulder External Rotation (tubing)

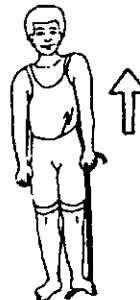
Using rubber tubing, keep elbow in at side while you rotate arm outward away from body.



Repeat 8 repetition(s) per set.
Do 2 set(s) per session.
Do 1 session(s) per day.

Shoulder Shrugs / Elevation (tubing)

With one end of tubing secured under foot and other end in hand as shown, shrug shoulder.



Repeat 8 repetition(s) per set.
Do 2 set(s) per session.
Do 1 session(s) per day.

Shoulder Blade Pinch

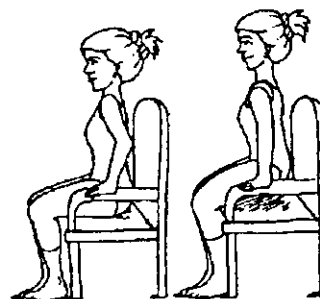
Pinch shoulder blades together as shown.



Hold 5 seconds. Relax.
Repeat 5 time(s).
Do 1 session(s) per day.

Shoulder Depression in Sitting

Place hands on armrests with elbows slightly bent. Straighten elbows and push shoulders down while raising body up.



Repeat 5 time(s) per session.
Do 1 session(s) per day.