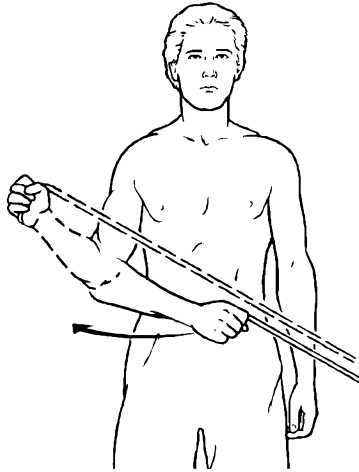


SHOULDER - 43 Strengthening: Resisted External Rotation

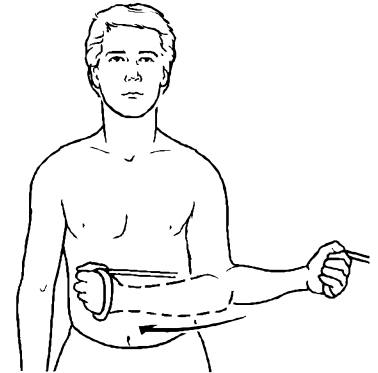
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.



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

SHOULDER - 44 Strengthening: Resisted Internal Rotation

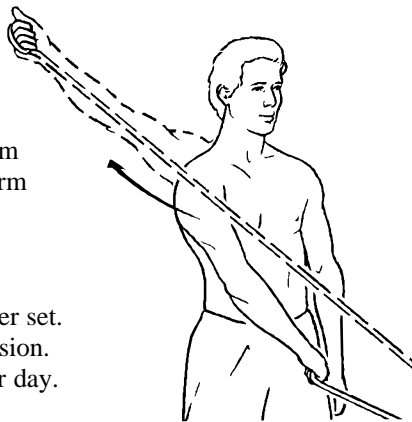
Hold tubing in right hand, elbow at side and forearm out. Rotate forearm in across body.



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

SHOULDER - 49 Strengthening: Resisted Diagonal

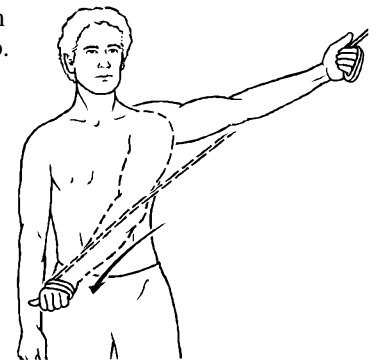
Hold tubing with right arm down across body, thumb pointing back. Pull arm up and out, rotating arm to palm forward.



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

SHOULDER - 52 Strengthening: Resisted Diagonal Extension

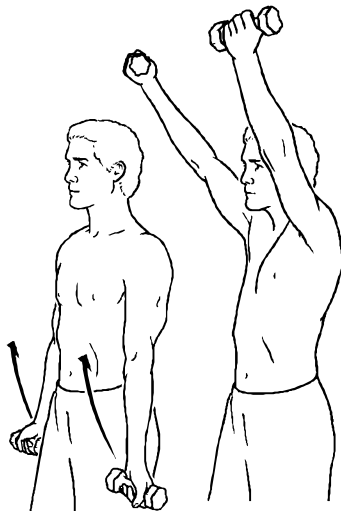
Hold tubing with right arm above and behind, palm up. Bring arm down across body, rotating to palm down.



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

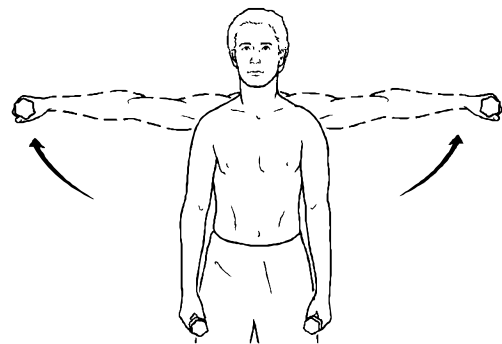
SHOULDER - 64 Progressive Resisted: Flexion (Standing)

Holding 1-3 pound weights, raise arms toward ceiling, thumb up. Keep elbows straight stop at 90 degrees, never above eye level.



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

SHOULDER - 67 Progressive Resisted: Abduction (Standing)



Holding 1-3 pound weights, raise arms out from sides.
Repeat 10 times per set. Do 3 sets per session.
Do 1 sessions per day.

SHOULDER - 75 Strengthening:
Scaption – with External Rotation

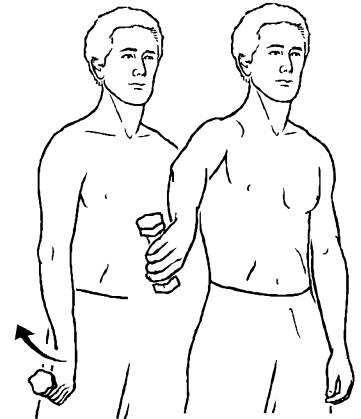
Holding 1-3 pound weight, raise right arm diagonally from hip to eye level. Do with both arms at the same time. Keep elbow straight, thumb up.



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

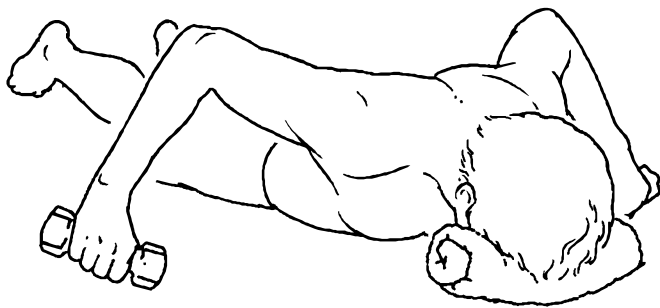
SHOULDER - 74 Supraspinatus Strengthening

Holding 1-3 pound weight, raise right arm diagonally from hip to just below shoulder level. Keep elbow straight, thumb down. Do both arms at the same time



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

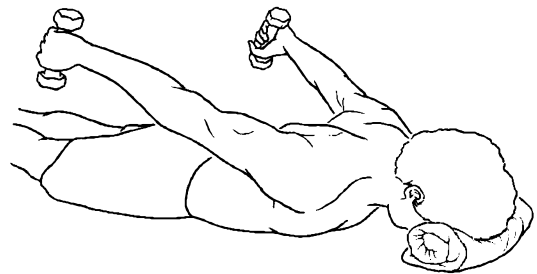
SHOULDER - 60 Rows (Prone)



Holding 2-5 pound weights, keep arms at side arms straight, and row up pulling shoulder blades together..

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

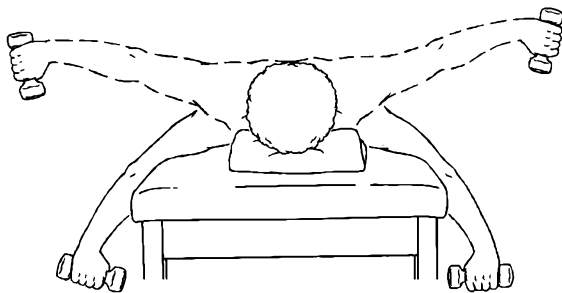
SHOULDER - 65 Progressive Resisted: Extension (Prone)



Holding 1-3 pound weights, arms back, raise arms from floor, keeping elbows straight.

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

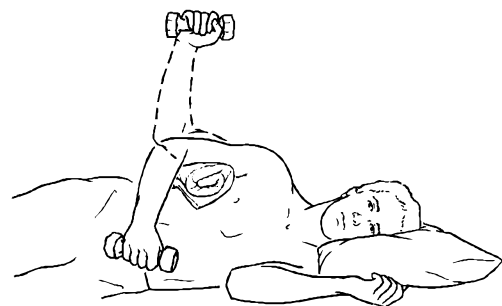
SHOULDER - 77 Strengthening:
Horizontal Abduction – with Interior Rotation (Prone)



Holding 1-3 pound weights, raise arms out from sides, pinching shoulder blades. Keep elbows straight, thumbs down.

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

SHOULDER - 68 Progressive Resisted:
External Rotation (Side-Lying)

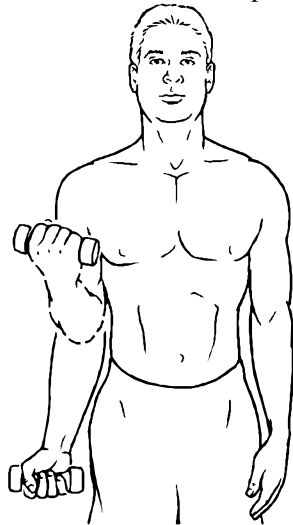


Holding 1-3 pound weight, towel under arm, raise right forearm toward ceiling. Keep elbow bent and at side.

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

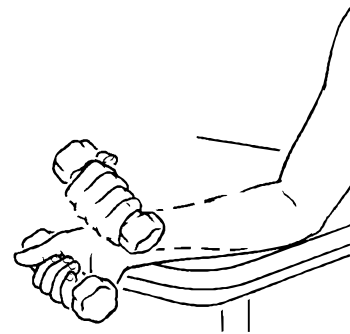
HAND - 70 Wrist Elbow Flexion: Resisted – Palm Up

With right arm straight, palm toward body, holding 2-5 pound weight, bend elbow, rotate hand to palm up, and return slowly to starting position.



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

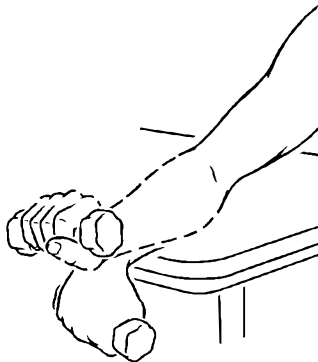
HAND - 63 Wrist Flexion: Resisted



With right palm up, 2-5 pound weight in hand, bend wrist up. Return slowly.

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

HAND - 64 Wrist Extension: Resisted



With right palm down, 1-4 pound weight in hand, bend wrist up. Return slowly.

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

HAND - 48 Forearm Pronation / Supination: Resisted (Sitting)



With right forearm supported, grasp object (1# to 4#) and gently rotate palm up, then down, as far as possible without pain.

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