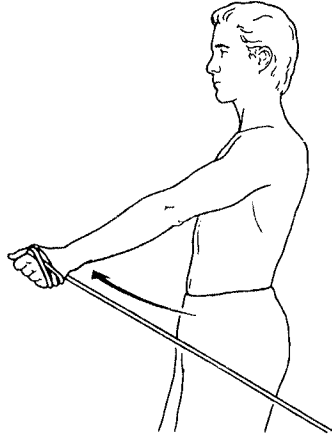


SHOULDER - 41 Strengthening: Resisted Flexion

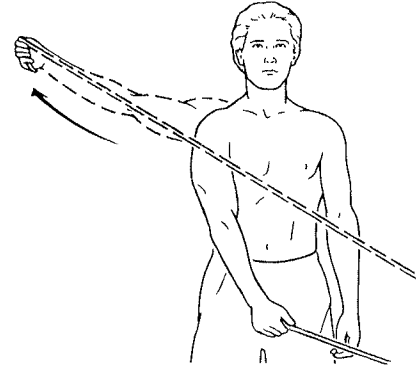
Hold tubing with involved arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 10-30 times
Do 2 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

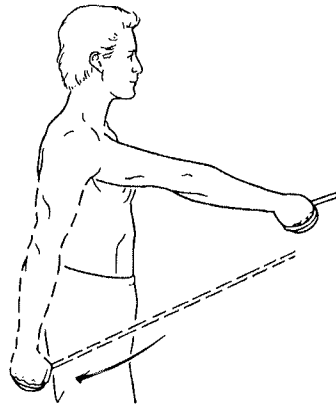
Hold tubing with involved arm. Pull up and away from side. Move through pain-free range of motion.



Repeat 10-30 times
Do 2 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

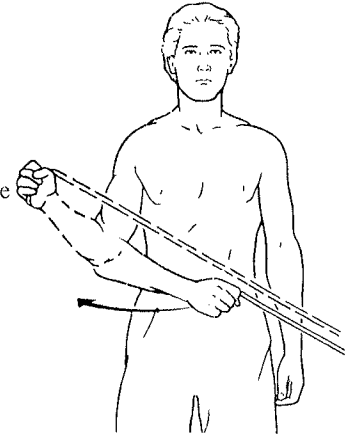
Hold tubing in involved hand, arm forward. Pull arm back, elbow straight.



Repeat 10-30 times
Do 2 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

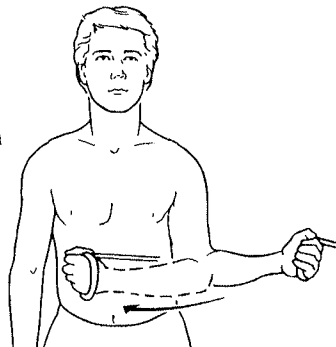
Hold tubing in involved hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 10-30 times .
Do 2 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

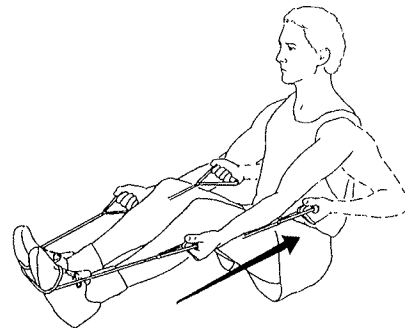
Hold tubing in involved hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 10-30 times
Do 2 sessions per day.

MID BACK - 2 Low Row: Long-Sitting

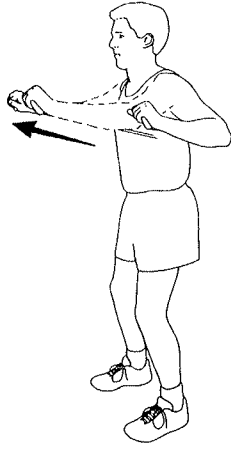
Tubing around feet and palms up, pull arms back while squeezing shoulder blades together.



Repeat 10-30 times
Do 2 sessions per day.

TUBING LOOP - 1 Chest Press

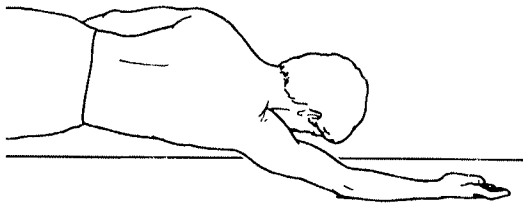
In shoulder width stance with tubing behind back and hands in punch position, press arms straight ahead.



Repeat 10-30 times
Do 2 sessions per day.

SHOULDER - 8 ROM: Flexion (Alternate)

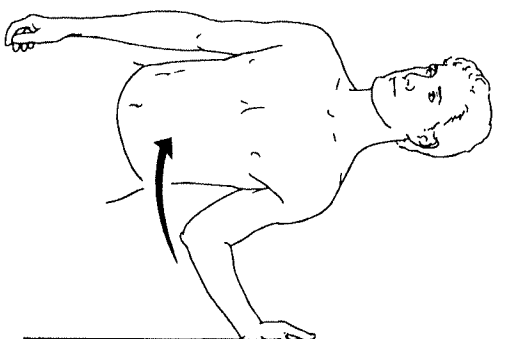
Slide arm up wall, with palm out, by leaning toward wall.
Hold 10 seconds.



Repeat 5 times per set.
Do sets per session.
Do 2 sessions per day.

SHOULDER - 11 ROM: External Rotation (Alternate)

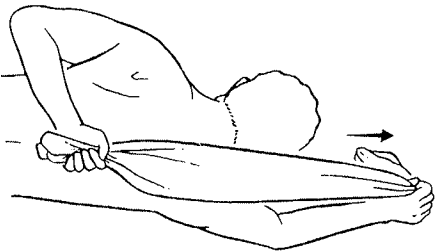
Keep palm of hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt.
Hold 10 seconds.



Repeat 5 times per set.
Do sets per session.
Do 2 sessions per day.

SHOULDER - 73 ROM: Towel Stretch – with Interior Rotation

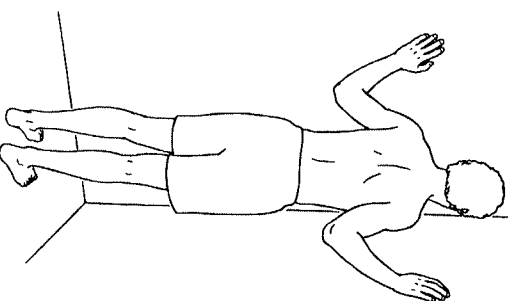
Pull arm up behind back by pulling towel up with other arm.
Hold 10 seconds.



Repeat 5 times per set.
Do sets per session.
Do 2 sessions per day.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with ELBOWS AT SHOULDER LEVEL, lean forward until a comfortable stretch is felt across chest.
Hold 10 seconds.



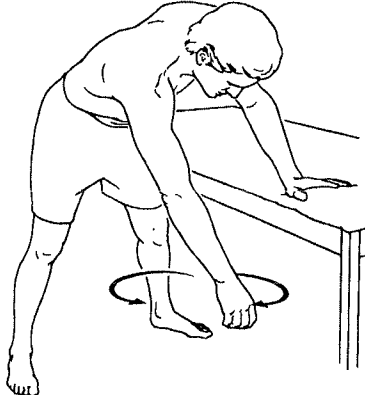
Repeat 5 times per set.
Do sets per session.
Do 2 sessions per day.

SHOULDER - 26 ROM: Pendulum (Circular)

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

Circle 10-20 times each direction

Do 2 sessions per day.

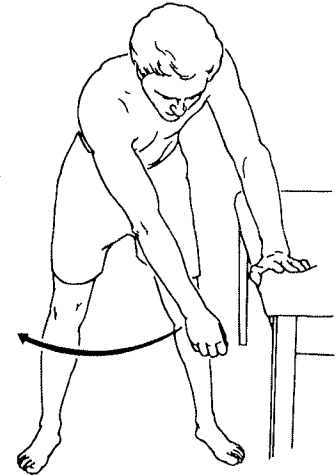


SHOULDER - 25 ROM: Pendulum

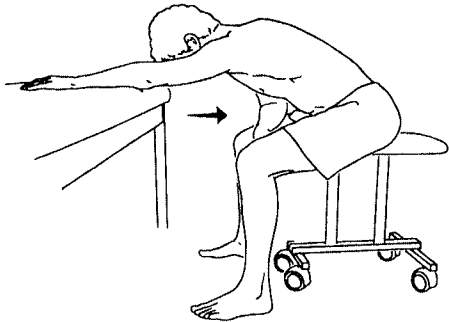
Let involved arm swing freely from side to side and forward and backward by rocking body weight

Repeat 10-20 times

Do 2 sessions per day.



SHOULDER - 7 ROM: Flexion



Keeping involved arm on table, slide body away until stretch is felt. Hold 10 seconds.

Repeat 10 times

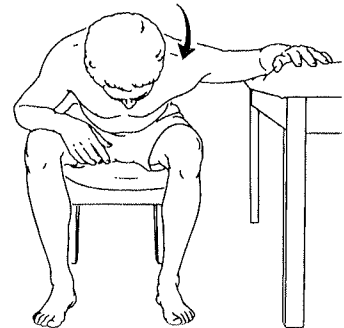
Do 2 sessions per day.

SHOULDER - 10 ROM: External Rotation

Keeping involved forearm palm down on table, bend forward at waist until stretch is felt. Hold 10 seconds.

Repeat 10 times

Do 2 sessions per day.

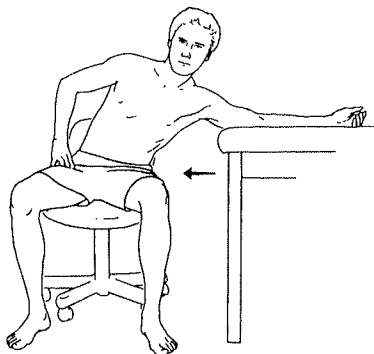


SHOULDER - 9 ROM: Abduction

With involved arm resting on table, thumb up, bring head down toward arm and simultaneously move trunk away from table. Hold 10 seconds.

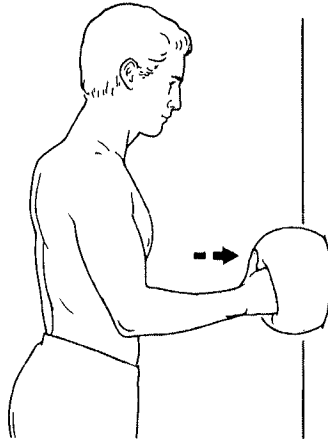
Repeat 10 times

Do 2 sessions per day.



SHOULDER - 29 Strengthening: Isometric Flexion

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

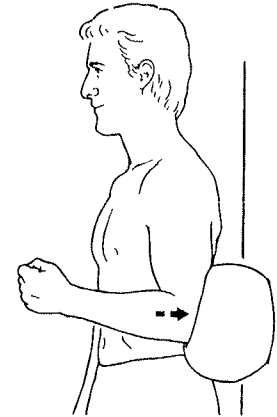


Repeat 10 times

Do 2 sessions per day.

SHOULDER - 31 Strengthening: Isometric Extension

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

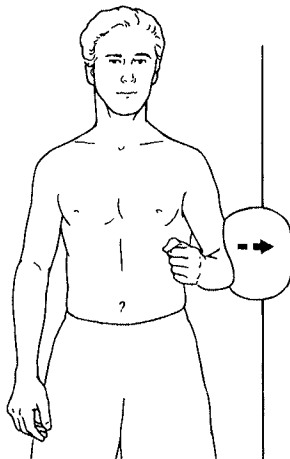


Repeat 10 times

Do 2 sessions per day.

SHOULDER - 32 Strengthening: Isometric Abduction

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

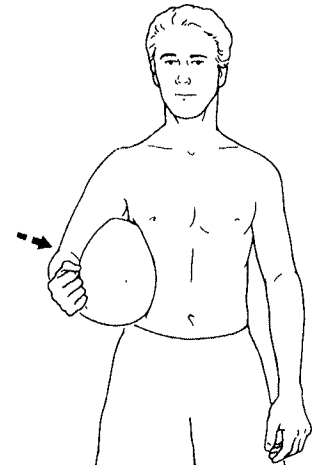


Repeat 10 times

Do 2 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction

Using body for resistance, gently press involved arm into ball using light pressure. Hold 5 seconds.

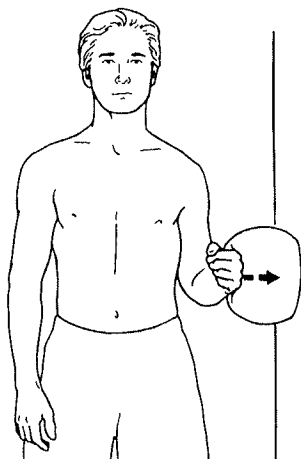


Repeat 10 times

Do 2 sessions per day.

SHOULDER - 36 Strengthening: Isometric External Rotation

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

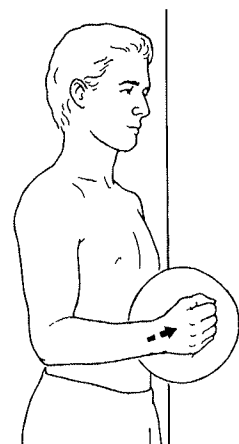


Repeat 10 times

Do 2 sessions per day.

SHOULDER - 37 Strengthening: Isometric Internal Rotation

Using door frame for resistance, press palm of involved hand into ball using light pressure. Keep elbow in at side. Hold 5 seconds.

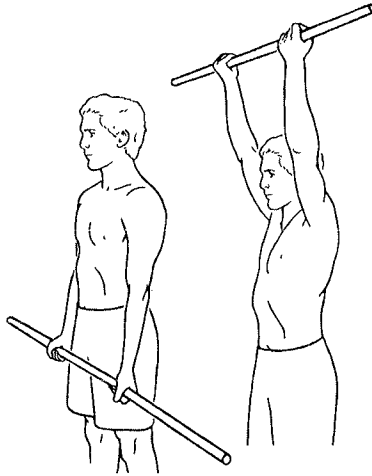


Repeat 10 times

Do 2 sessions per day.

SHOULDER - 1 ROM: Flexion – Wand

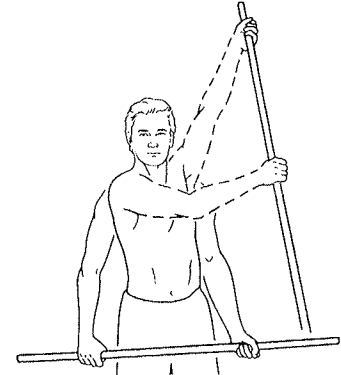
Bring wand directly over head. Reach back until stretch is felt. Hold 2 seconds.



Repeat 10-30 times
Do 2 sessions per day.

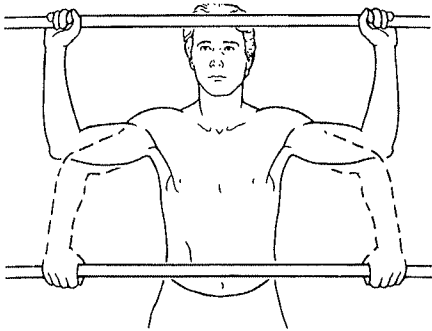
SHOULDER - 2 ROM: Abduction – Wand

Holding wand with involved hand palm up, push wand directly out to side, leading with other hand palm down, until stretch is felt. Hold 2 seconds.



Repeat 10-30 times
Do 2 sessions per day.

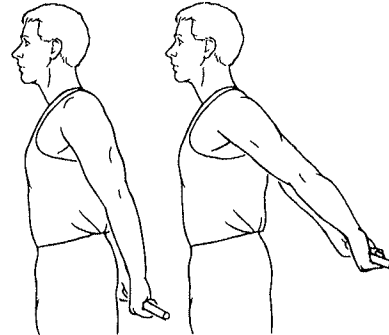
SHOULDER - 4 ROM: External / Internal Rotation – Wand



Bring wand up over head, then down toward waistline. Hold each position 2 seconds.

Repeat 10-30 times
Do 2 sessions per day.

SHOULDER - 94 ROM: Extension – Wand (Standing)



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

Repeat 10-30 times
Do 2 sessions per day.