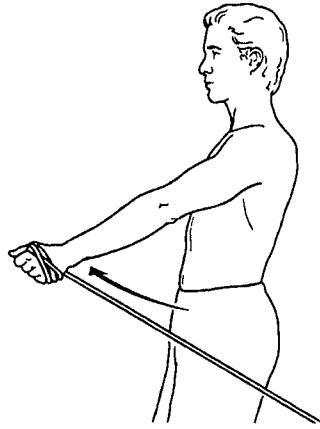


SHOULDER - 41 Strengthening: Resisted Flexion

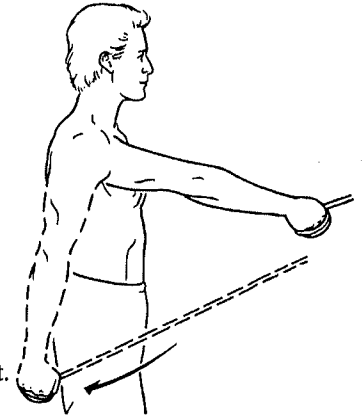
Hold tubing with arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

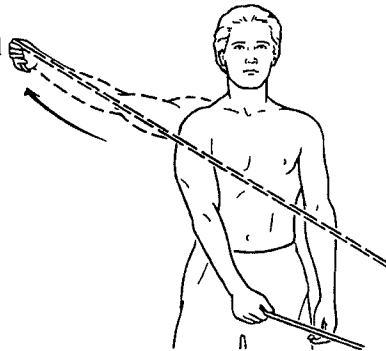
Hold tubing in hand, arm forward. Pull arm back, elbow straight.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

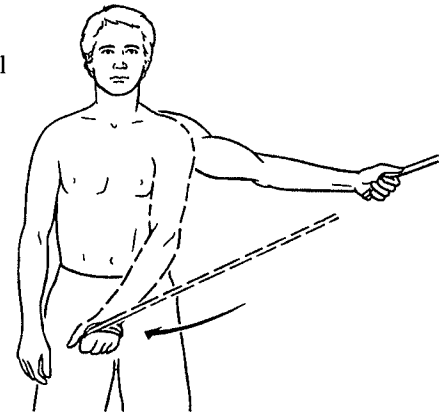
Hold tubing with arm across body. Pull up and away from side. Move through pain-free range of motion.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 46 Strengthening: Resisted Adduction

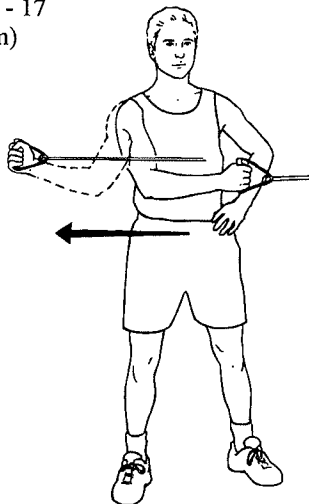
Hold tubing in hand, arm out. Pull arm toward opposite hip. Do not twist or rotate trunk.



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER / UPPER BACK - 17
Rotation: External (Single Arm)

Side toward anchor in shoulder width stance with elbow bent to 90°, arm across mid-section. Thumb up, pull arm away from body, keeping elbow bent.

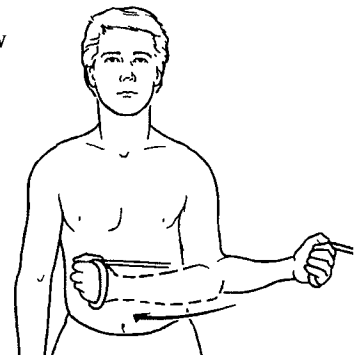


Repeat 10 times per set.
Repeat with other arm.
Do 2 sets per session.
Do 4 sessions per week.

Anchor Height: Waist

SHOULDER - 44 Strengthening: Resisted Internal Rotation

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



Repeat 10 times per set.
Do 2 sets per session.
Do 1 sessions per day.