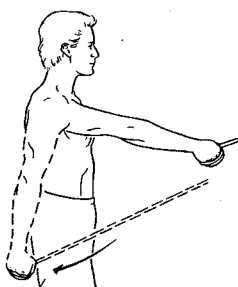


SHOULDER - 45 Strengthening: Resisted Extension

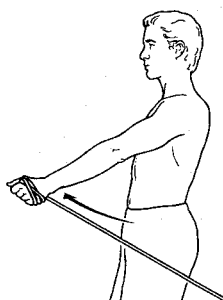
Hold tubing in left hand, arm forward. Pull arm back, elbow straight.



Repeat 12 times per set.
Do 3 sets per session.
Do 1-2 sessions per day.

SHOULDER - 41 Strengthening: Resisted Flexion

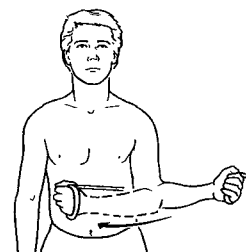
Hold tubing with left arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 12 times per set.
Do 3 sets per session.
Do 1-2 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

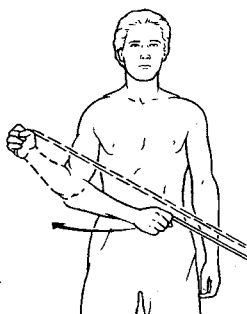
Hold tubing in left hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 12 times per set.
Do 3 sets per session.
Do 1-2 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

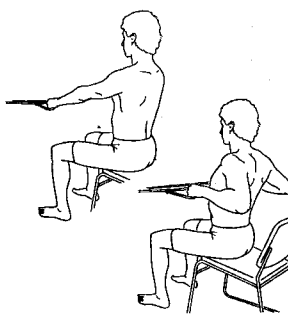
Hold tubing in left hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 12 times per set.
Do 3 sets per session.
Do 1-2 sessions per day.

BACK - 43 Scapular Retraction: Bilateral

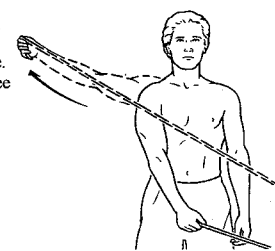
Facing anchor, pull arms back, bringing shoulder blades together.



Repeat 12 times per set.
Do 3 sets per session.
Do 1-2 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

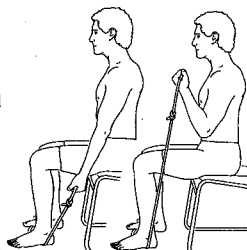
Hold tubing with left arm across body. Pull up and away from side. Move through pain-free range of motion.



Repeat 12 times per set.
Do 3 sets per session.
Do 1-2 sessions per day.

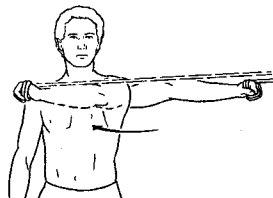
HAND - 35 Elbow Flexion: Resisted

With tubing wrapped around left fist and other end secured under foot, curl arm up as far as possible.



Repeat 12 times per set.
Do 3 sets per session.
Do 1-2 sessions per day.

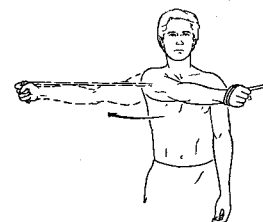
SHOULDER - 48 Strengthening: Resisted Horizontal Adduction



Hold tubing in left hand, elbow straight, arm out, parallel to floor. Bend elbow 90° then pull arm across body through pain-free range.

Repeat 12 times per set. Do 3 sets per session.
Do 1-2 sessions per day.

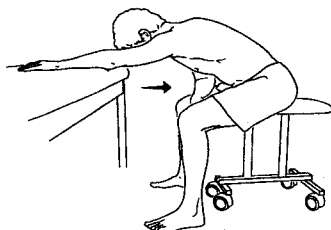
SHOULDER - 47 Strengthening: Resisted Horizontal Abduction



Hold tubing in left hand, elbow straight, arm in, parallel to floor. Pull arm out from side through pain-free range.

Repeat 12 times per set. Do 3 sets per session.
Do 1-2 sessions per day.

SHOULDER - 7 ROM: Flexion

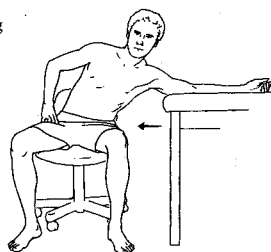


Keeping left arm on table, slide body away until stretch is felt. Hold 15 seconds.

Repeat 5 times per set. Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 9 ROM: Abduction

With left arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 15 seconds.



Repeat 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

Gently pull on left forward elbow with other hand until stretch is felt in shoulder. Hold 15 seconds.



Repeat 5 times per set.
Do 3 sets per session.
Do 2 sessions per day.