

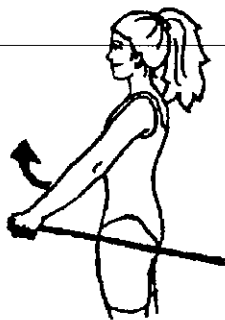


## Shoulder Strengthening Exercises

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)

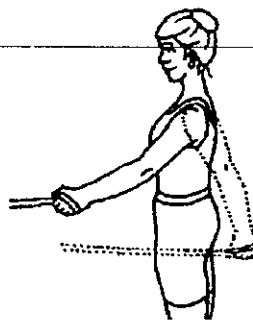
Using rubber tubing, begin with arm at side and pull forward and upward as shown.



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

### Resisted Shoulder Extension (tubing)

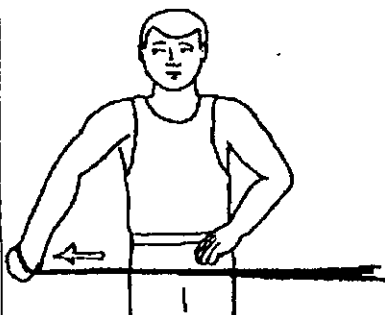
Using rubber tubing, keep elbow straight while pulling arm backward as shown.



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)

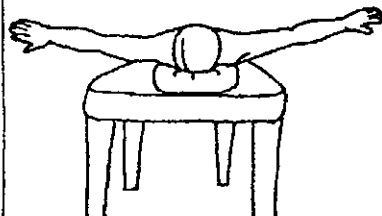
Keeping elbows straight and thumbs pointing up, raise arms straight out from sides while pinching shoulder blades together.



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.

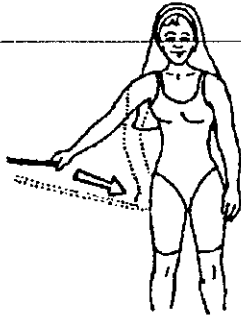


## Shoulder Strengthening Exercises

**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)

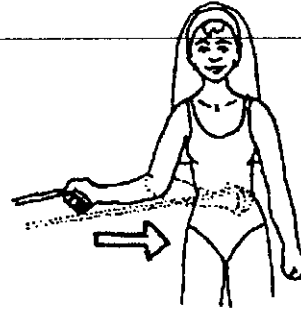
Using rubber tubing, begin with arm out to side and pull in to side of body.



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

### Resisted Shoulder Internal Rotation (tubing)

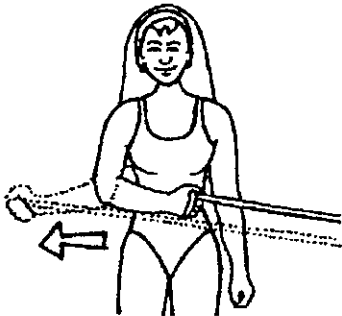
Using rubber tubing, keep elbow in at side while you rotate arm inward across body.



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

### Resisted Shoulder External Rotation (tubing)

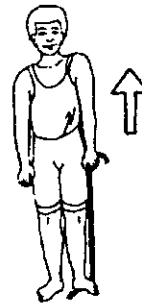
Using rubber tubing, keep elbow in at side while you rotate arm outward away from body.



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

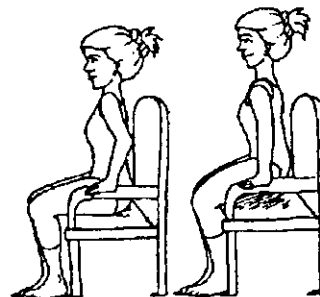
Pinch shoulder blades together as shown.



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.