

# Lesley J. Anderson, MD

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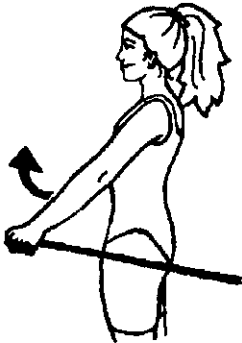
Patient: MY SHOULDER

Prescribed by: Lesley J. Anderson, MD

## Protocol: Shoulder Theraband Exercises

### S80 Resisted Shoulder Flexion (tubing)

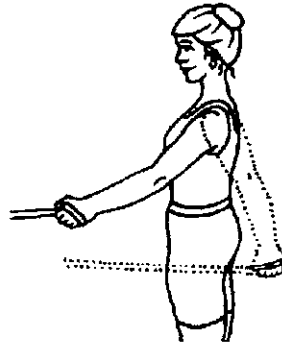
Using rubber tubing, begin with arm at side and pull forward and upward as shown.



Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### S83 Resisted Shoulder Extension (tubing)

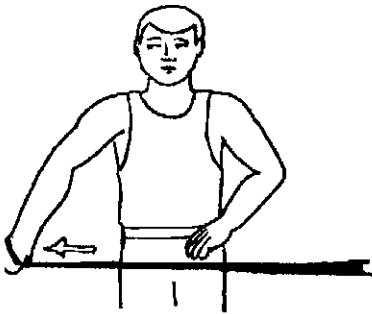
Using rubber tubing, keep elbow straight while pulling arm backward as shown.



Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### S86 Resisted Shoulder Abduction (tubing)

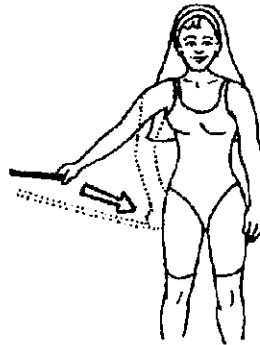
Using rubber tubing, begin with arm at opposite hip and pull across front of body as shown.



Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### S93 Resisted Shoulder Adduction (tubing)

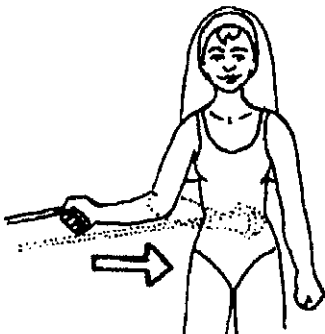
Using rubber tubing, begin with arm out to side and pull in to side of body.



Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### S96 Resisted Shoulder Internal Rotation (tubing)

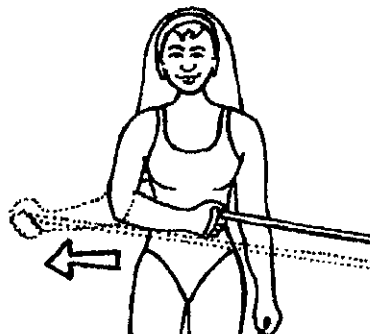
Using rubber tubing, keep elbow in at side while you rotate arm inward across body.



Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### S100 Resisted Shoulder External Rotation (tubing)

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



Repeat \_\_ repetition(s) per set.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.