

Stretch shld ER stand at doorway

- Stand at edge of doorway.
- Begin with arm at side, elbow bent to 90 degrees.
- Place hand of involved arm on door frame.
- Slowly turn away from doorway until a gentle stretch is felt.
- Hold and repeat.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

Stretch shld IR w/towel

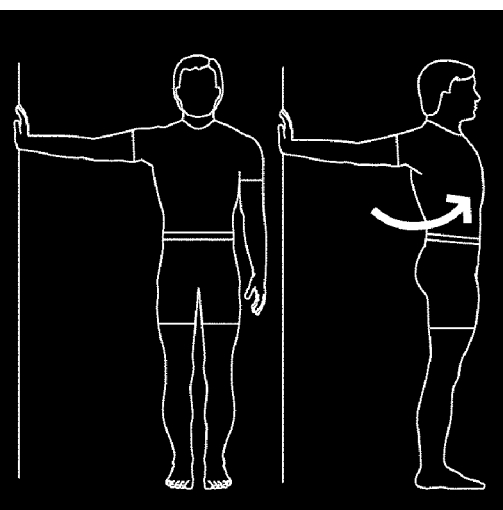
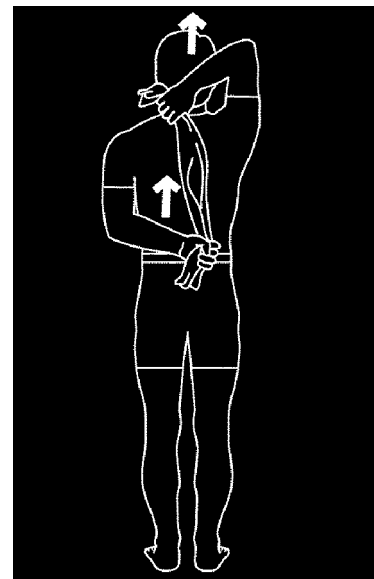
- Place involved arm behind back as far as possible.
- Hold other arm over shoulder with towel as shown.
- Grasp towel with involved arm.
- Slowly pull upward with uninvolved arm until a gentle stretch is felt.
- Hold, relax and repeat.

Special Instructions:

Keep Elbow Tucked to Side

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

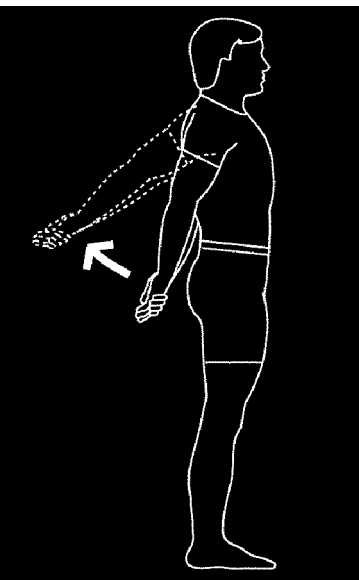


Stretch Pectoral standing uni

- Stand with arm on doorway as shown.
- Gently turn away, keeping back straight.
- Return to start position and repeat.
- Repeat with other arm.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Stretch shld ext bil

- Grasp hands behind back.
- Move arms backward until stretch is felt across front of chest and shoulders.
- Relax and repeat.

Perform 1 set of 10 Repetitions,
once a day.

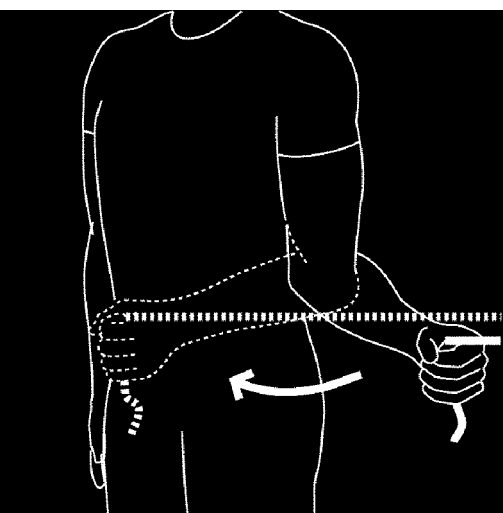
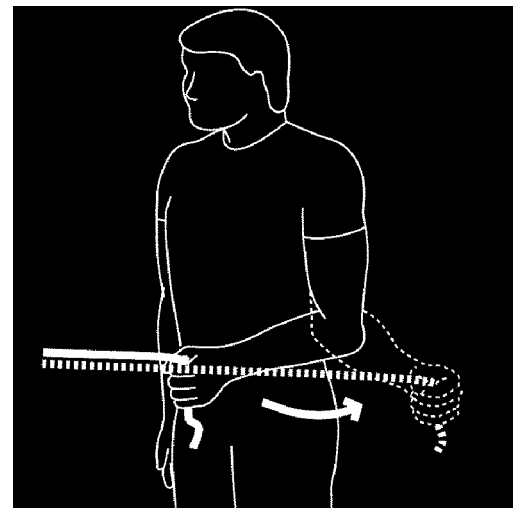
Hold exercise for 10 Seconds.

Resist shld ER uni w/elastic

- Attach elastic to secure object at elbow height.
- Sit or stand, uninvolved side toward elastic.
- Arm at side, elbow bent.
- Grasp elastic, move forearm away from elastic.
- Return to starting position.

Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.



Resist shld IR uni w/elastic

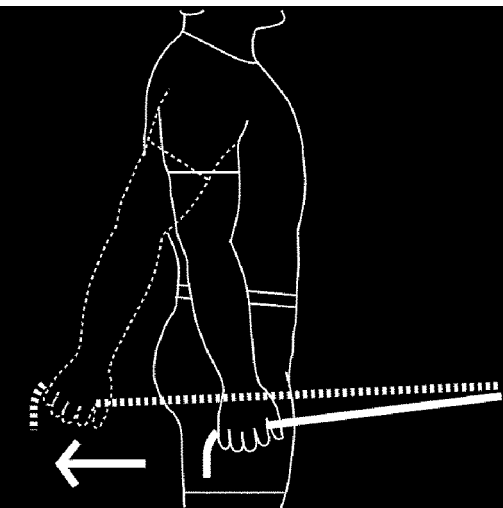
- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Return to start position

Special Instructions:

Keep Elbow Tucked to Side

Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.



Resist shld ext uni stand w/elastic

- Secure elastic at waist level as shown.
- Grasp elastic and pull arm backwards keeping elbow straight.
- Return to start position.

Perform 3 sets of 10 Repetitions,
once a day.

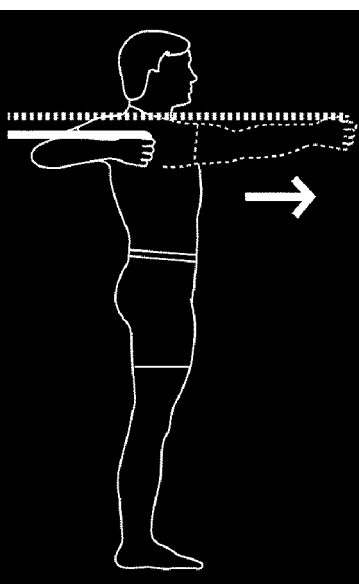
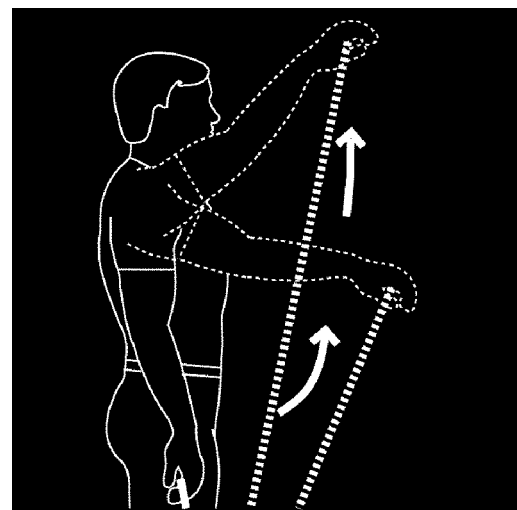
Hold exercise for 2 Seconds.

Resist shld flx uni w/elastic

- Secure elastic at floor level or stand on elastic.
- Begin with arm at side, elbow straight, palm down.
- Grasp elastic.
- Raise arm in front over head, keeping elbow straight.
- Return to starting position.

Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.

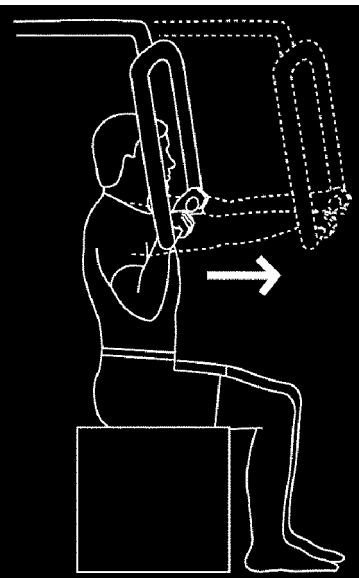


Resist shld presses uni w/elastic

- Attach elastic to secure object at shoulder level.
- Sit or stand as shown.
- Hold elastic in hand, arm out from side, elbow bent, as shown.
- Push forward, straightening elbow.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.



Resist shld chest press (horiz) w/mach

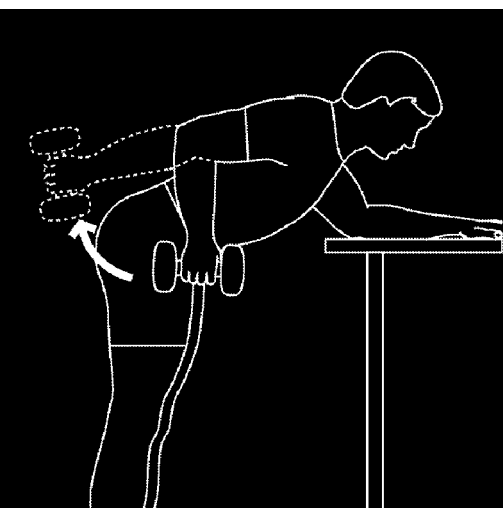
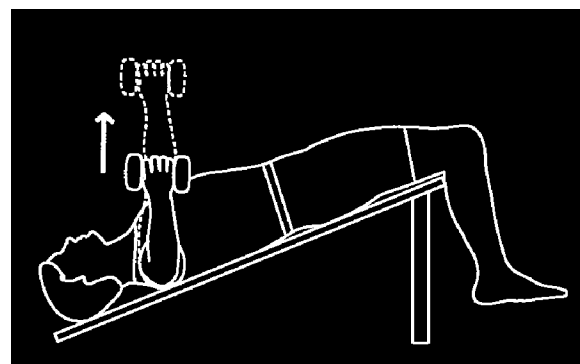
- Sit at chest press machine.
- Grasp handles and push forward.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions,
once every other day.

Resist shld decline press w/wt

- Lie on back on decline press bench.
- Hold dumbbells in hands shoulder distance or slightly more apart.
- Lift weights upward and lower to chest.
- Repeat.

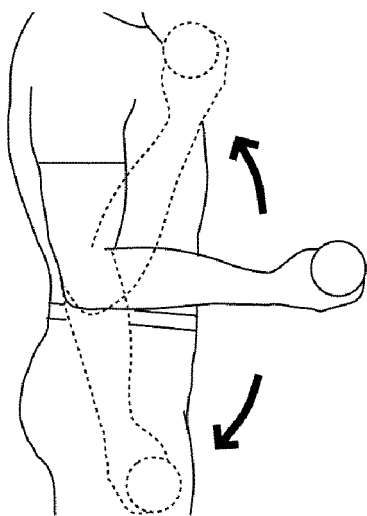
Perform 3 sets of 10 Repetitions,
once every other day.



Resist elbow ext w/wt (triceps kickbacks)

- Stand, leaning over chair or table, arm back, elbow bent, as shown.
- Hold weight in hand.
- Straighten elbow through available range.
- Return to start position.

Perform 3 sets of 10 Repetitions,
once every other day.



Resist elbow flex uni w/wt

- Begin with arm at side, sit or stand, elbow straight, palm up, weight in hand.
- Bend elbow upward.
- Return to starting position.

Perform 3 sets of 10 Repetitions,
once every other day.

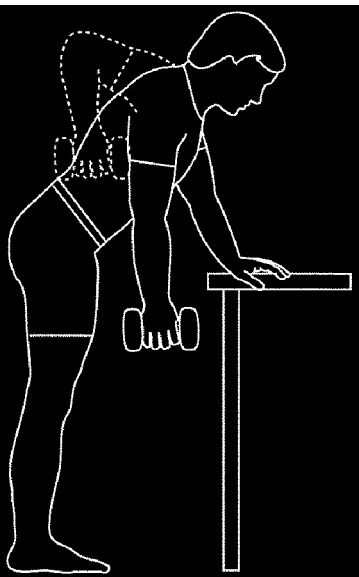
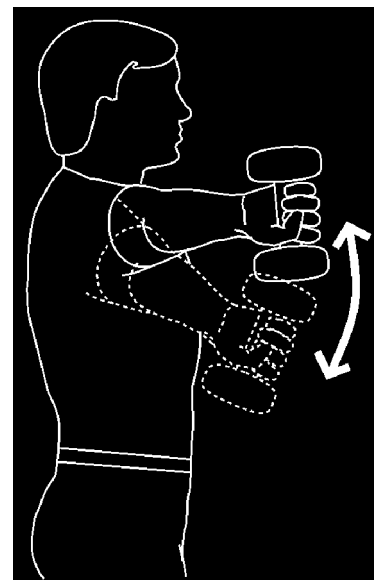
Resist shld Supraspinatus lift uni w/wt

- Hold arm out from sides at 45 degrees as shown.
- Hold weight in hand with thumbs down.
- Lower and raise arm.

Special Instructions:

Do not raise past shoulder level.

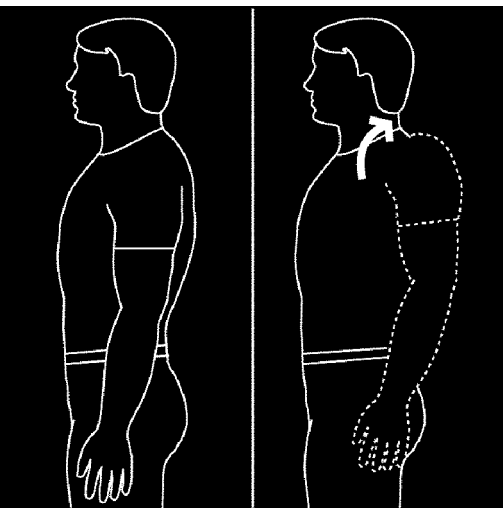
Perform 3 sets of 10 Repetitions,
once every other day.



Resist shld bent row w/wt

- Hold weight in involved arm.
- Slightly bend hips and knees and support upper body with other arm as shown.
- Lift arm up, raising elbow to shoulder height.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions,
once every other day.



AROM shld elev/retract bil (shld rolls)

- Stand or sit, raise shoulders upward toward ears, and roll backwards.
- Return to start position.

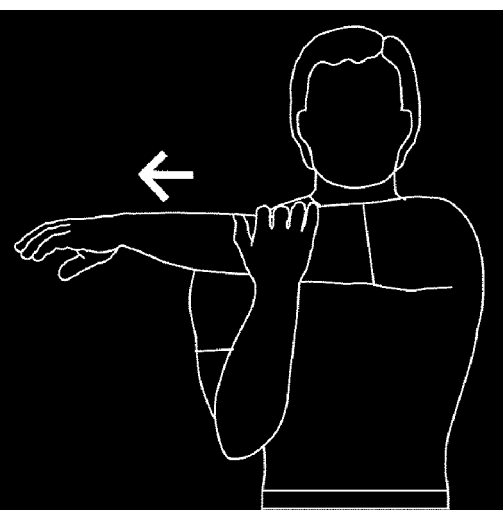
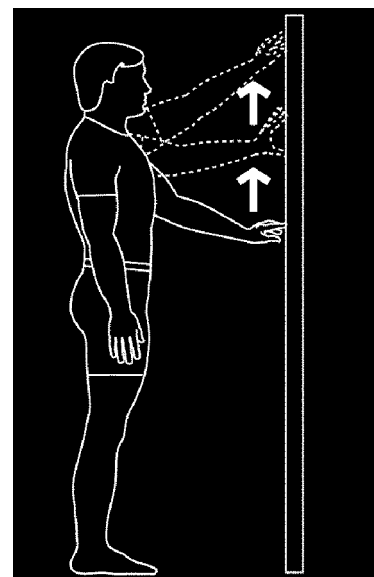
Perform 3 sets of 10 Repetitions,
once a day.

AROM shld flx (finger walking) at wall

- Stand, facing wall.
- Place hand on wall at hip level.
- Using your fingers, walk your arm upward through available range, and walk back down.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



Stretch shld capsule posterior w/arm

- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.