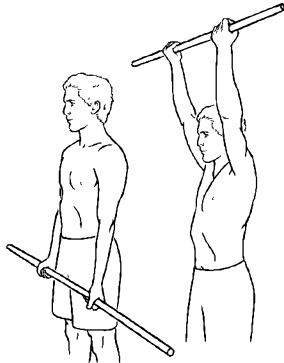


SHOULDER - 1 ROM: Flexion – Wand

Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold 2 seconds.

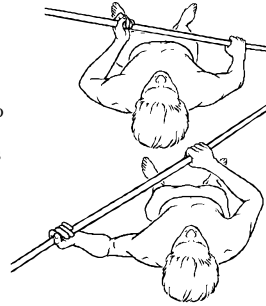
Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.



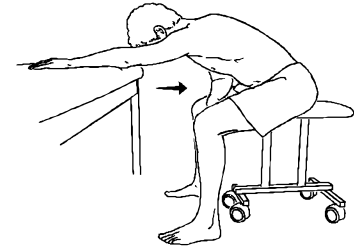
SHOULDER - 3 ROM: External / Internal Rotation – Wand

Holding wand with right hand palm up, push out from body with other hand, palm down. Keep both elbows bent. When stretch is felt, Hold 5 seconds. Repeat to other side, leading with same hand. Keep elbows bent.

Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.



SHOULDER - 7 ROM: Flexion



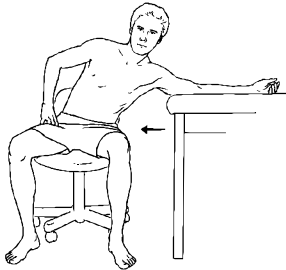
Keeping right arm on table, slide body away until stretch is felt. Hold 5 seconds.

Repeat 10 times per set. Do 3 sets per session.
 Do 2 sessions per day.

SHOULDER - 9 ROM: Abduction

With right arm resting on table, palm up, bring head down toward arm and simultaneously move trunk away from table. Hold 5 seconds.

Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.



SHOULDER - 8 ROM: Flexion (Alternate)

Slide right arm up wall, with palm out, by leaning toward wall. Hold 5 seconds.

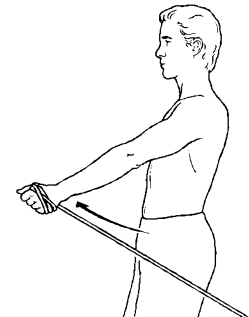
Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.



SHOULDER - 41 Strengthening: Resisted Flexion

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

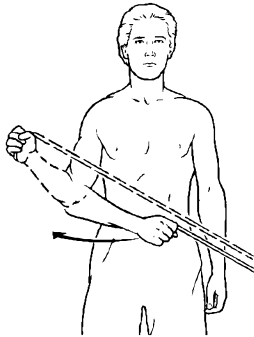
Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.



SHOULDER - 43 Strengthening: Resisted External Rotation

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

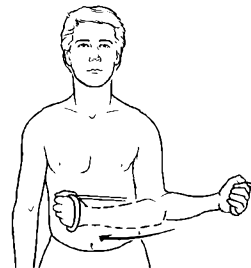
Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.



SHOULDER - 44 Strengthening: Resisted Internal Rotation

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

Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.



SHOULDER - 45 Strengthening: Resisted Extension

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

Repeat 10 times per set.
 Do 3 sets per session.
 Do 2 sessions per day.

