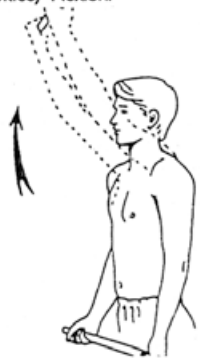


Stretching & Exercise Shoulder Strengthening

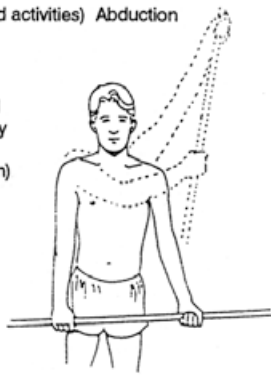
SHOULDER 14: (Wand activities) Flexion.



Bring wand directly overhead, leading with uninvolvement side. Reach back until you feel a stretch.

Repeat 6 times.
Do twice daily.

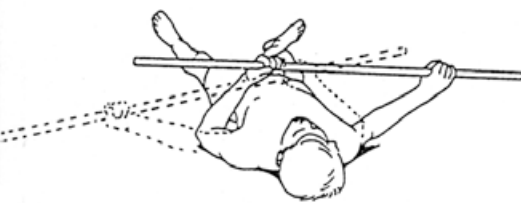
SHOULDER 15: (Wand activities) Abduction



Holding wand with involved palm up, push wand directly out from your side with uninvolvement side (palm down) until you feel a stretch.

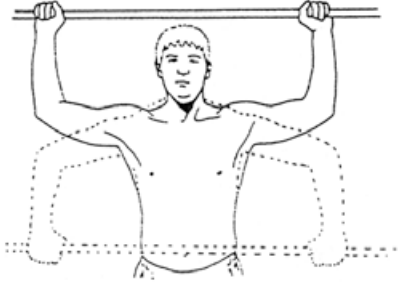
Hold.
Repeat 6 times.
Do twice daily.

SHOULDER 16: (Wand activities): External/Internal Rotation



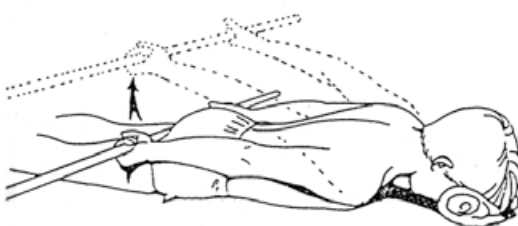
Hold wand with involved side palm up, push with uninvolvement side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolvement side. Be sure to keep elbows bend. Hold. Repeat 6 times. Do twice daily.

SHOULDER 17: (Wand activities) External/Internal Rotation



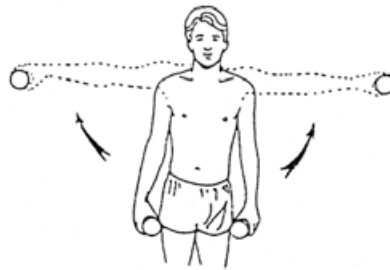
Move wand upward toward head, then down toward waistline. Hold. Repeat 6 times. Do twice daily.

SHOULDER 18: (Wand activities) Extension



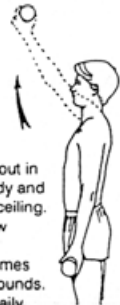
Lift backward from buttocks until a stretch is felt. Hold. Repeat 6 times. Do twice daily.

SHOULDER 19: Abduction (standing)




Raise arms out from body. Repeat 6 times with pounds. Do twice daily.

SHOULDER 20: Flexion (standing)




Raise arm out in front of body and lift toward ceiling. Keep elbow straight. Repeat 6 times with pounds. Do twice daily.

SHOULDER 21: Extension (standing)



Raise arms up and backward while keeping elbow straight. Repeat 6 times with pounds. Do twice daily.

SHOULDER 22: External Rotation (sidelying)



Raise arm up toward ceiling. Keep elbow bent and in at side. Repeat 6 times with pounds. Do twice daily.



Stretching & Exercise Shoulder Strengthening

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SHOULDER 23: Internal Rotation (sidelying)

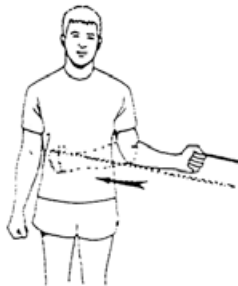


Bring arm up toward body keeping elbow bent and in at side. Repeat 6 times with pounds. Do twice daily.

SHOULDER 25: Active Resistive Internal Rotation.

Using tubing, and keeping elbow at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.

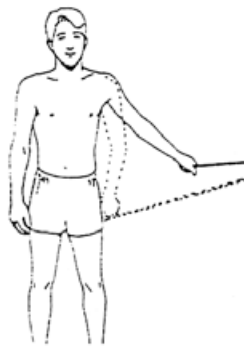
Repeat 6 times. Do twice daily.



SHOULDER 27: Active Resistive Adduction.

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.

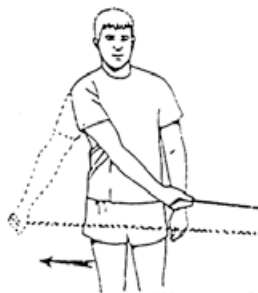
Repeat 6 times. Do twice daily.



SHOULDER 29: Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

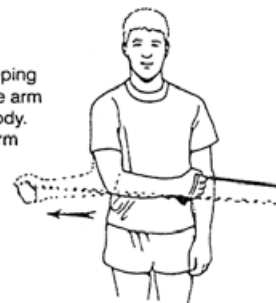
Repeat 6 times. Do twice daily.



SHOULDER 24: Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

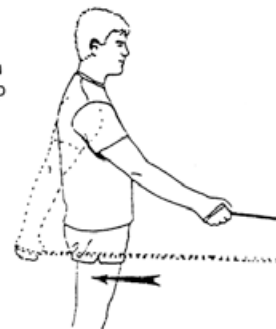
Repeat 6 times. Do twice daily.



SHOULDER 26: Active Resistive Extension.

Using tubing, pull arm back. Be sure to keep elbow straight.

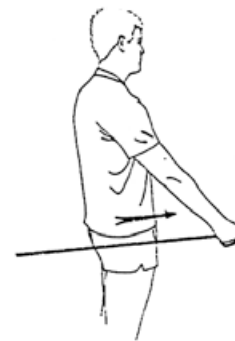
Repeat 6 times. Do twice daily.



SHOULDER 28: Active Resistive Flexion.

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

Repeat 6 times. Do twice daily.



SHOULDER 30: (Self stretching activities): Extension

Keeping feet shoulder width apart, gently lower body by bending knees until stretch is felt. Hold on to table.

Hold 30 Seconds. Repeat 6 times. Do twice daily.

