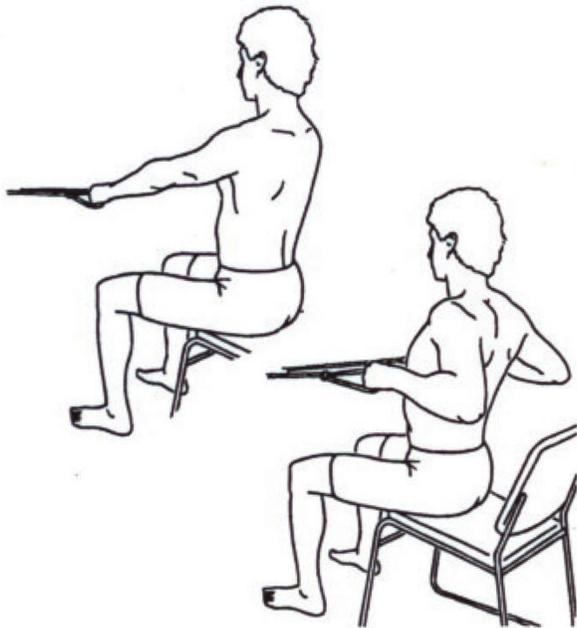


BACK - 43 Scapular Retraction: Bilateral

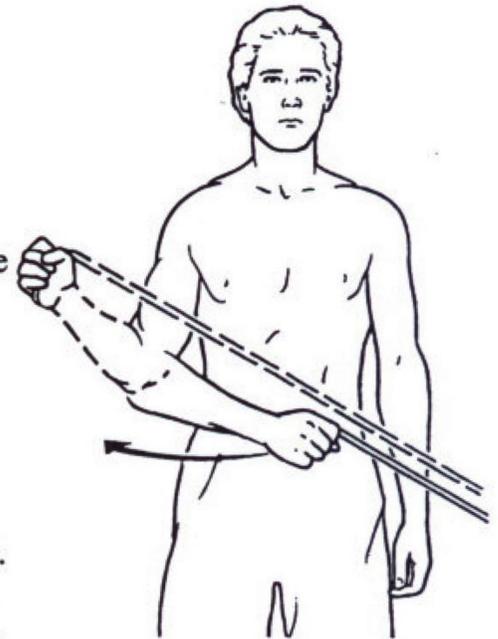
Facing anchor, pull arms back, bringing shoulder blades together.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

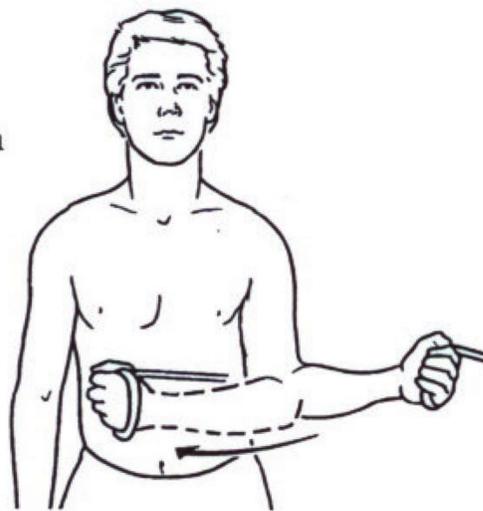
Hold tubing in involved arm, elbow at side and forearm across body. Rotate forearm out.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

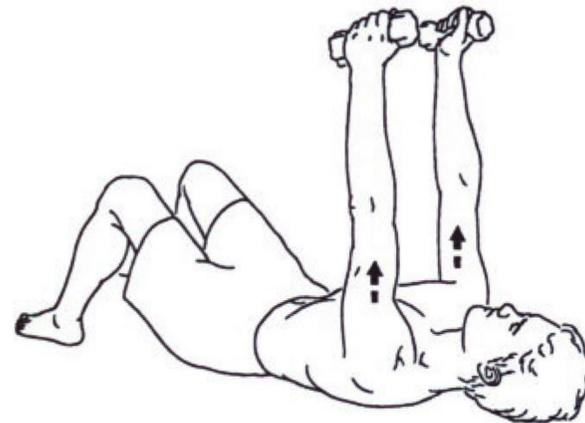
SHOULDER - 44 Strengthening: Resisted Internal Rotation

Hold tubing in involved arm, elbow at side and forearm out. Rotate forearm in across body.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

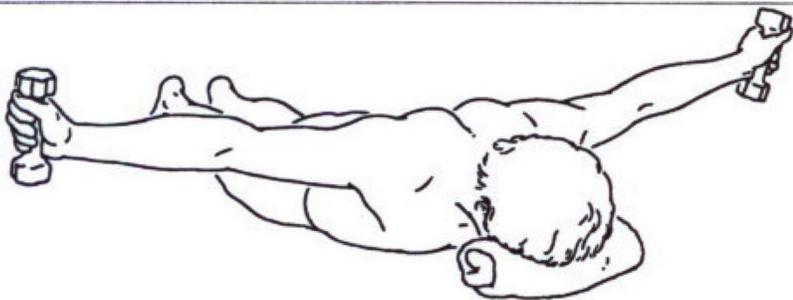
SHOULDER - 57 Scapular: Protraction - 90° of Flexion



Holding 3 pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 58 Scapular: Stabilization (Prone)

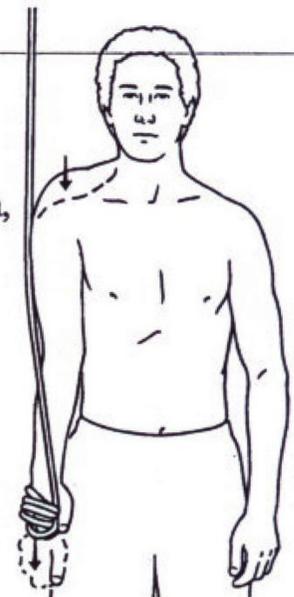


Holding 3 pound weights, raise both arms out from sides. Keep elbows straight.

Repeat 10 times per set. Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 80 Strengthening: Depression

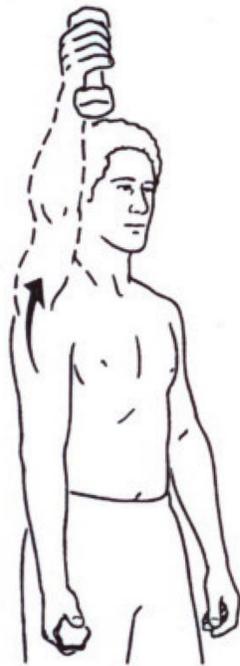
Stand with tubing around involved arm, arm straight at side. Shrug shoulder down, keeping arm against side.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.

SHOULDER - 75 Strengthening:  
Scaption – with External Rotation

Holding 3 pound weight, raise involved  
arm diagonally from hip to shoulder height.  
Keep elbow straight, thumb up.



Repeat 10 times per set.  
Do 3 sets per session.  
Do 1 sessions per day.