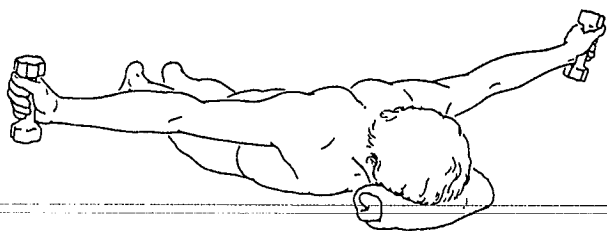


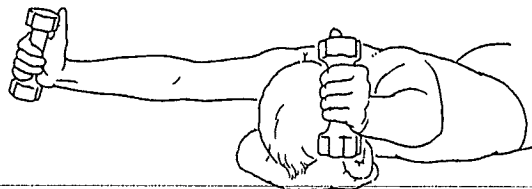
SHOULDER - 58 Scapular: Stabilization (Prone)



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

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

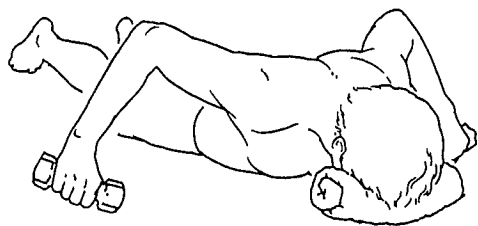
SHOULDER - 59 Scapular: Flexion (Prone)



Holding _____ pound weights, raise both arms forward. Keep elbows straight.

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

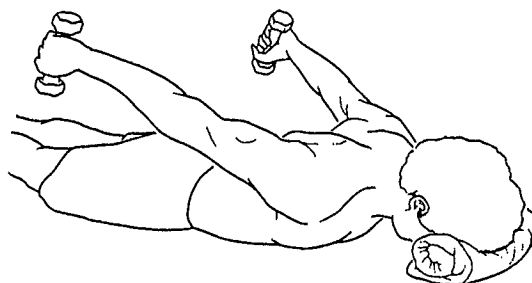
SHOULDER - 60 Scapular: Retraction (Prone)



Holding _____ pound weights, keep arms out from sides and elbows bent. Pull elbows back, pinching shoulder blades together.

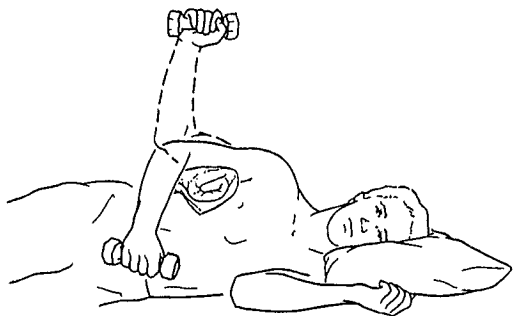
Repeat 10 times per set. Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 65 Progressive Resisted: Extension (Prone)



Holding _____ pound weights, arms back, raise arms from floor, keeping elbows straight.

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

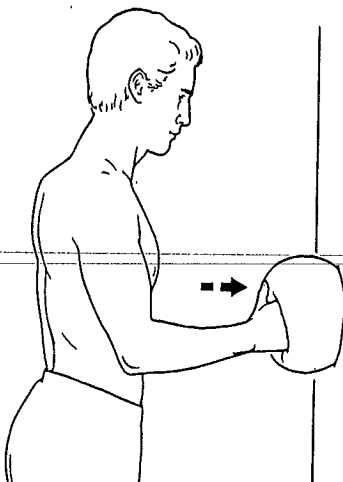
SHOULDER - 68 Progressive Resisted:
External Rotation (Side-Lying)

Holding _____ pound weight, towel under arm, raise right forearm toward ceiling. Keep elbow bent and at side.

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

SHOULDER - 29 Strengthening: Isometric Flexion

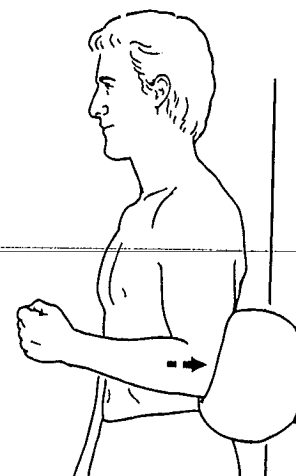
Using wall for resistance, press right fist into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 31 Strengthening: Isometric Extension

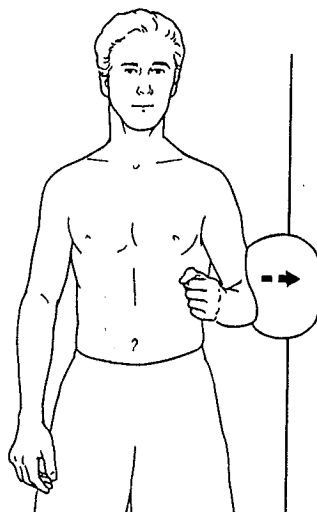
Using wall for resistance, press back of right arm into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 32 Strengthening: Isometric Abduction

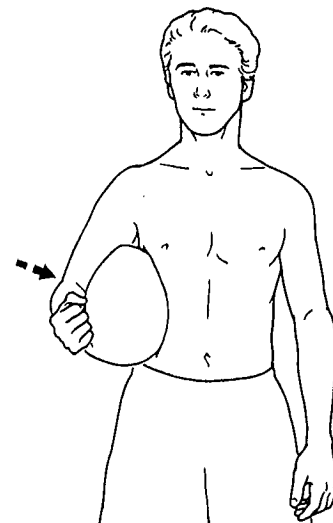
Using wall for resistance, press right arm into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 34 Strengthening: Isometric Adduction

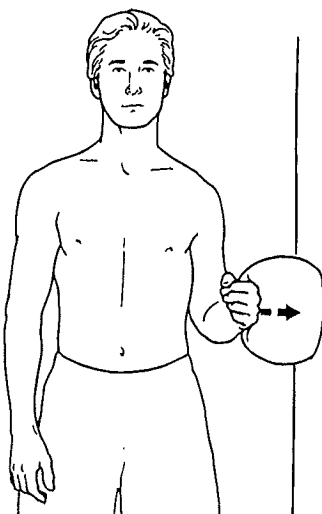
Using body for resistance, gently press right arm into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 36 Strengthening: Isometric External Rotation

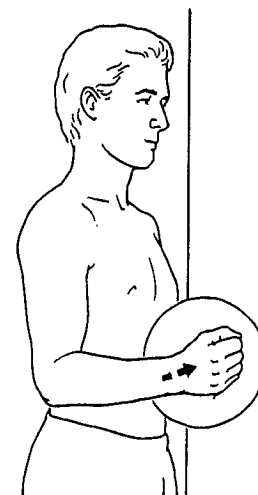
Using wall to provide resistance, and keeping right arm at side, press back of hand into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 37 Strengthening: Isometric Internal Rotation

Using door frame for resistance, press palm of right hand into ball using light pressure. Keep elbow in at side. Hold 5 seconds.



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