

Iso shld flx straight arm at wall

- Stand facing wall as shown with elbow straight.
- Make a fist, with a pillow or towel between hand and wall.
- Push against wall.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

Iso shld abd w/straight arm

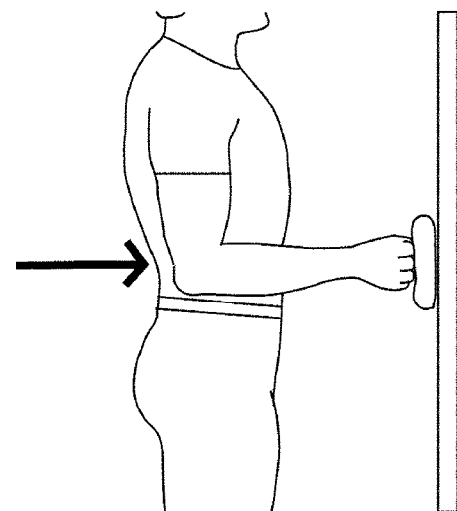
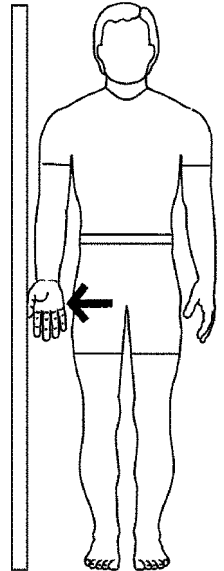
- Stand with involved side to wall.
- Place hand against wall, palm forward.
- Push against wall.

Special Instructions:

Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



Iso shld flx bent elbow at wall

- Stand facing wall as shown with elbow bent.
- Make a fist, with a pillow or towel between hand and wall.
- Push against wall.

Special Instructions:

Do not hold breath.

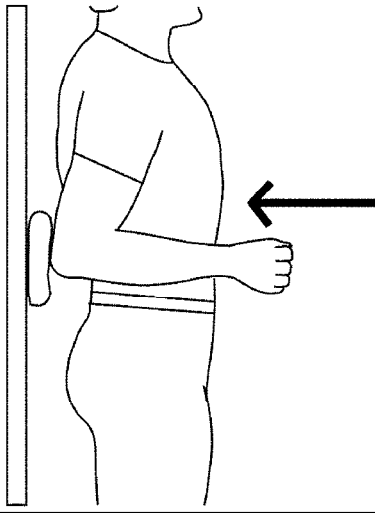
Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

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Iso shld ext at wall

- Stand facing away from wall as shown with elbow bent.
- Place a pillow or towel between elbow and wall.
- Push against wall.

Special Instructions:
Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

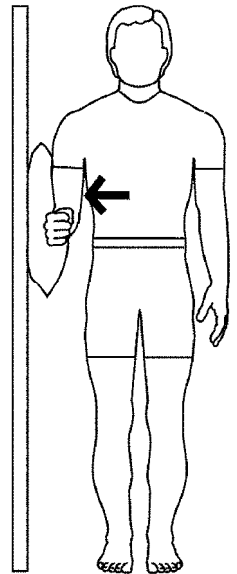
Iso shld abd w/bent elbow

- Stand with involved side to wall, arm at side.
- Bend elbow to 90 degrees.
- Position pillow between arm and wall.
- Push upper arm against wall.

Special Instructions:
Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



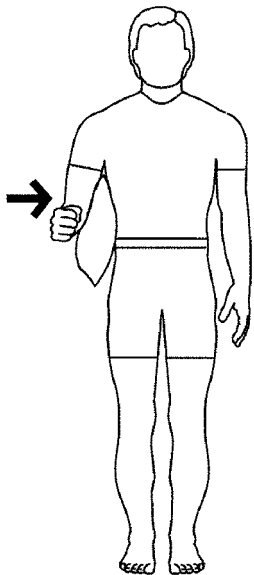
Iso shld add

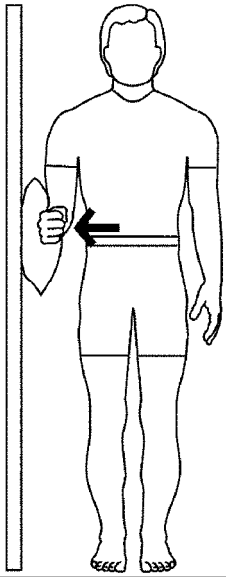
- Place pillow or towel roll between arm and body as shown.
- Push arm against side of body.

Special Instructions:
Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.





Iso shld ER

- Stand with involved arm at side against wall or door frame as shown.
- Push hand outward.

Special Instructions:
Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

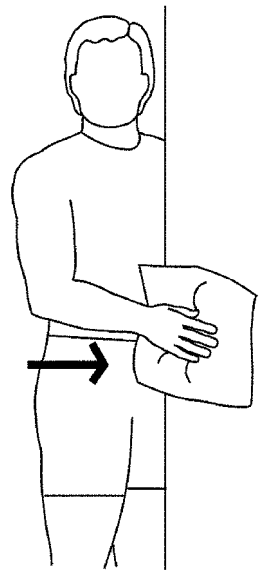
Iso shld IR

- Stand with involved arm at side against wall or door frame as shown.
- Push hand inward.

Special Instructions:
Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



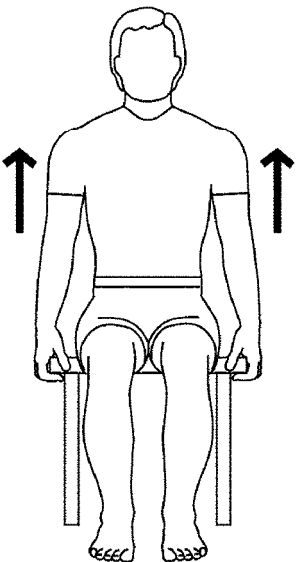
Iso shld elev bil sitting

- Sit in chair.
- Grasp chair seat with both hands.
- Keep elbows straight.
- Try to lift shoulders upward.
- Relax and repeat.

Special Instructions:
Do Not Hold Breath.

Perform 1 set of 10 Repetitions,
once a day.

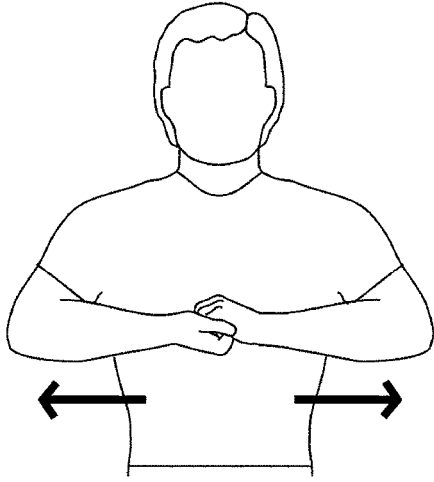
Hold exercise for 5 Seconds.



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Iso shld horiz abd bil

- Stand with arms in front, elbows bent, hands clasped together.
- Hold hands tightly while trying to pull apart.
- Relax and repeat.

Special Instructions:
Do Not Hold Breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.

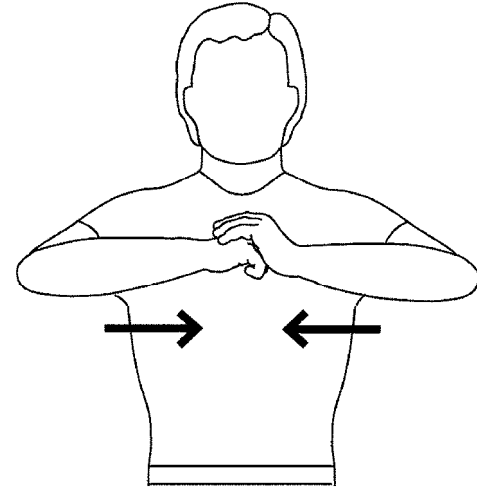
Iso shld horiz add bil

- Stand with arms in front, elbows bent, hands together.
- Push hands inward toward one another.
- Keep shoulders level.

Special Instructions:
Do Not Hold Breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



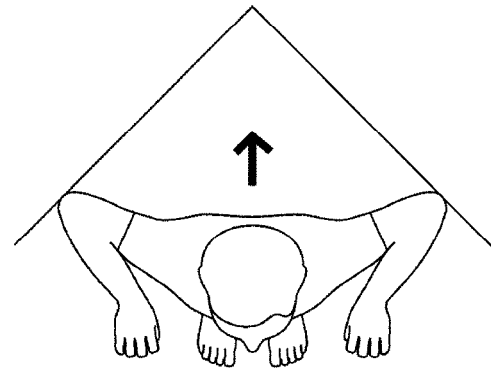
Iso shld retract

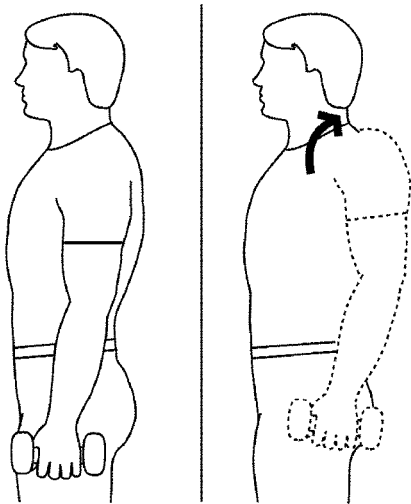
- Stand with your back to a corner.
- Raise arms to 90 degrees with elbows bent.
- Lean back into corner and hold body stable with arms.
- Hold, move away from wall and repeat.

Special Instructions:
Do not hold breath.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.





Resist shld elev/retract bil w/wt (shld rolls)

- Stand or sit, arms at sides, weight in hands.
- Raise shoulders upward towards ears, and roll backwards.
- Return to start position.

Perform 2 sets of 10 Repetitions,
once a day.

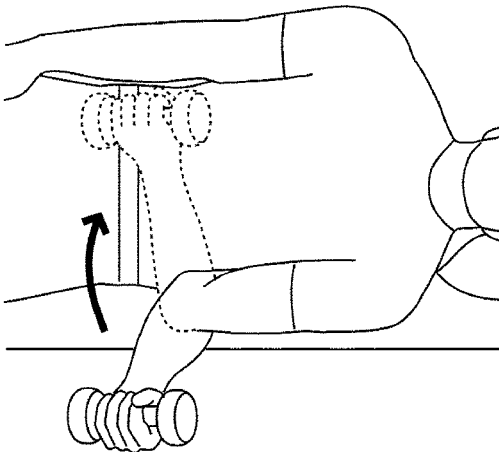
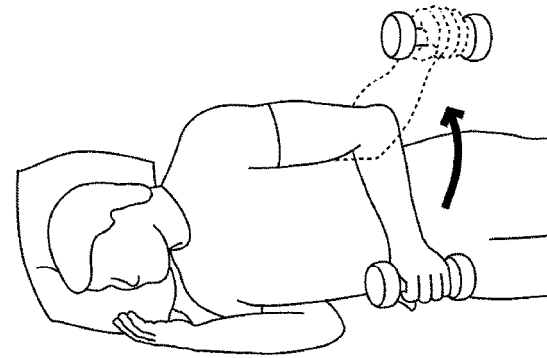
Use comfortable Lbs.

Resist shld ER sidelying w/wt

- Lie on side, involved side up.
- Arm at side, elbow bent, with weight in hand.
- Move hand up as shown.
- Return to starting position.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.



Resist shld IR uni sidelying w/wt

- Lie on involved side, elbow at 90 degrees, arm at side.
- Hold weight and pull hand inward across body, as shown.
- Return to start position.

Special Instructions:
Keep arm at side.

Perform 2 sets of 10 Repetitions,
once a day.

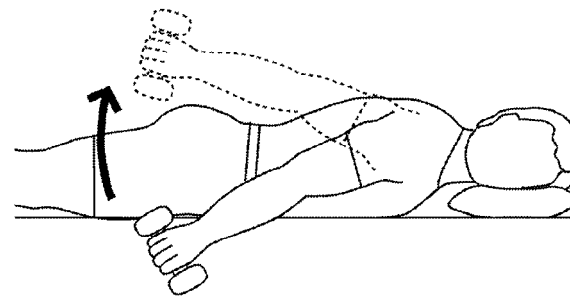
Use 3-5 Lbs.

Resist shld ext uni prone w/wt

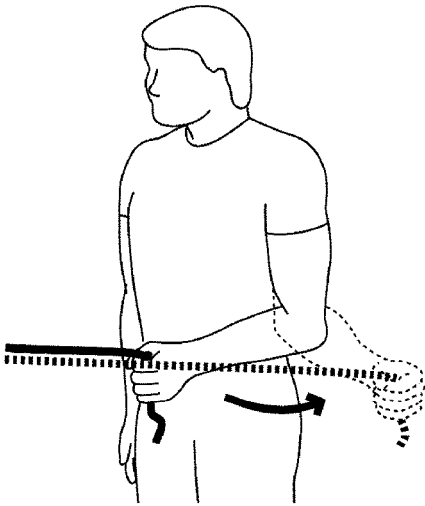
- Lie face down, arm at side, elbow straight.
- Raise arm up, past back.
- Lower and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.



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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 2 sets of 10 Repetitions,
once a day.

Use black Elastic.

Resist shld IR uni w/elastic

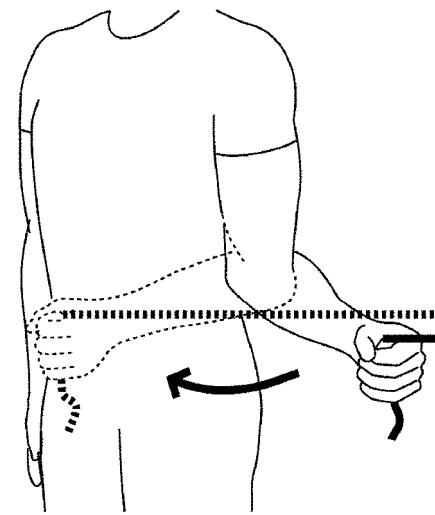
- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Return to start position

Special Instructions:

Keep arm at side.

Perform 2 sets of 10 Repetitions,
once a day.

Use black Elastic.

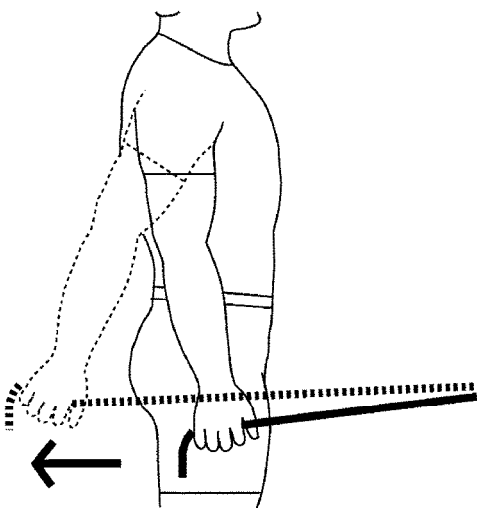


Resist shld ext uni stand w/elastic

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

Perform 1 set of 10 Repetitions,
once a day.

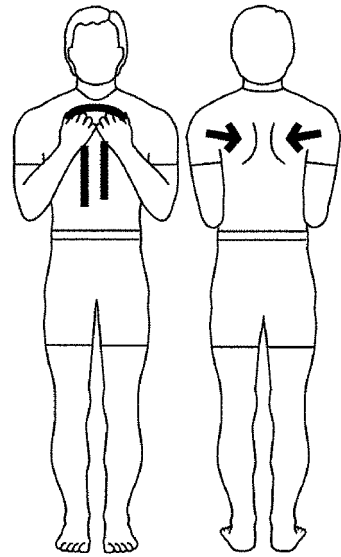
Use black Elastic.
Hold exercise for 5 Seconds.



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Resist shld retract bil w/elastic

- Hold elastic in both hands with elbows bent and near sides.
- Squeeze shoulder blades together, keeping elbows bent.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,
once a day.

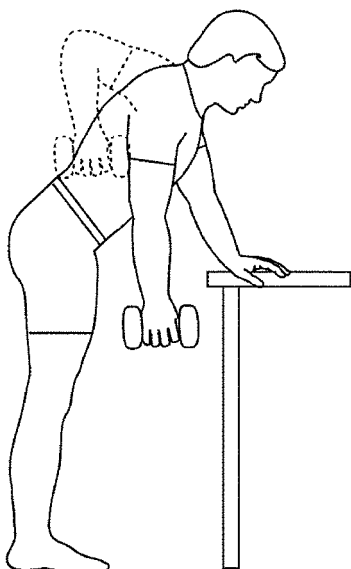
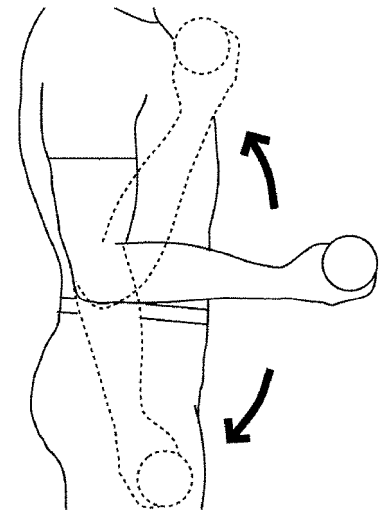
Use black Elastic.
Hold exercise for 5 Seconds.

Resist elbow flx 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 2 sets of 10 Repetitions,
once a day.

Use comfortable Lbs.



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 2 sets of 10 Repetitions,
once a day.

Use comfortable Lbs.

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