

Stretch shld ER stand at doorway

- ~ Stand at edge of doorway.
- ~ Begin with arm at side, elbow bent to 90 degrees.
- ~ Place hand of involved arm on door frame.
- ~ Slowly turn away from doorway until a gentle stretch is felt.
- ~ Hold and repeat.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

Stretch shld IR w/towel

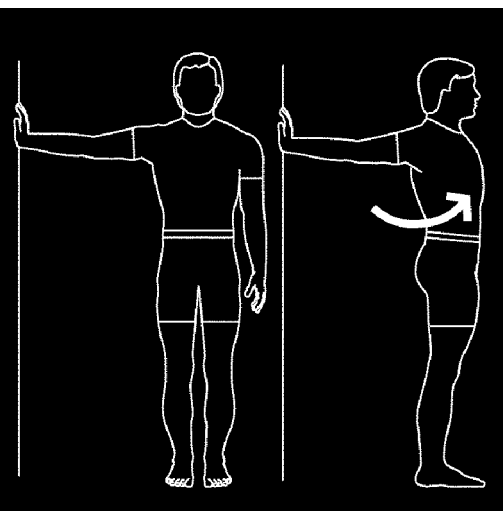
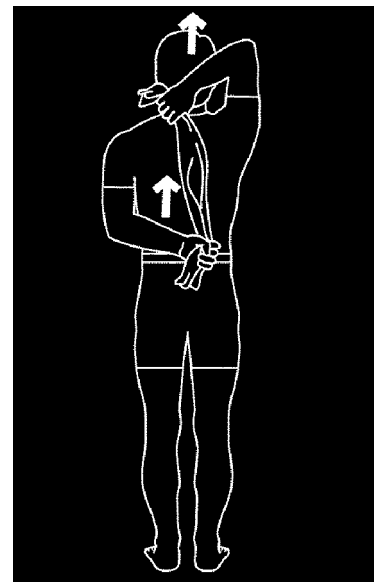
- ~ Place involved arm behind back as far as possible.
- ~ Hold other arm over shoulder with towel as shown.
- ~ Grasp towel with involved arm.
- ~ Slowly pull upward with uninvolved arm until a gentle stretch is felt.
- ~ Hold, relax and repeat.

Special Instructions:

Keep Elbow Tucked to Side

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.



Stretch Pectoral standing uni

- ~ Stand with arm on doorway as shown.
- ~ Gently turn away, keeping back straight.
- ~ Return to start position and repeat.
- ~ Repeat with other arm.

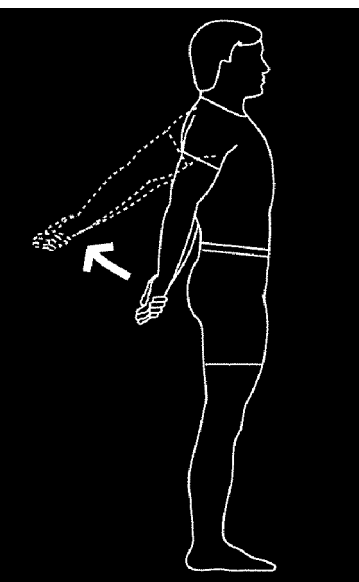
Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

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Stretch shld ext bil

- " Grasp hands behind back.
- " Move arms backward until stretch is felt across front of chest and shoulders.
- " Relax and repeat.

Perform 1 set of 10 Repetitions,
once a day.

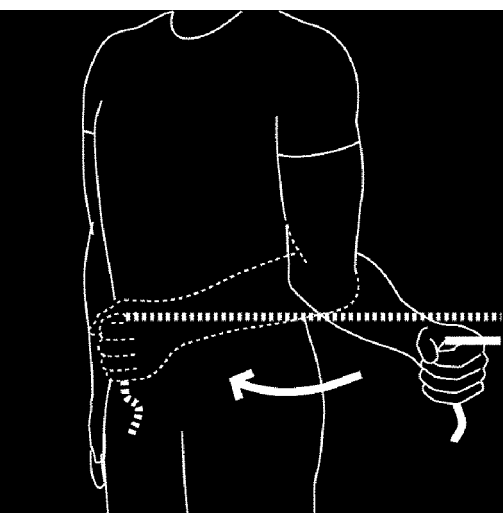
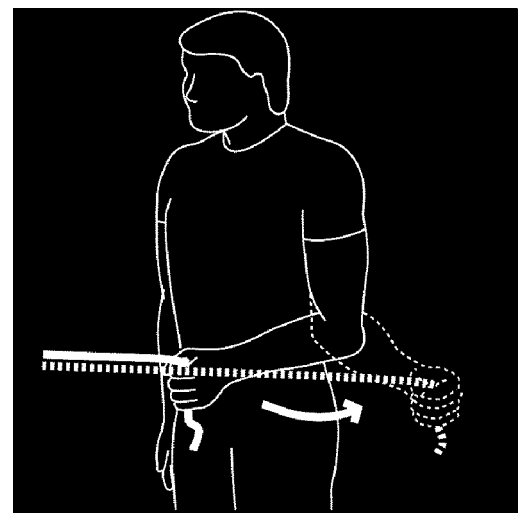
Hold exercise for 10 Seconds.

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 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.



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 Elbow Tucked to Side

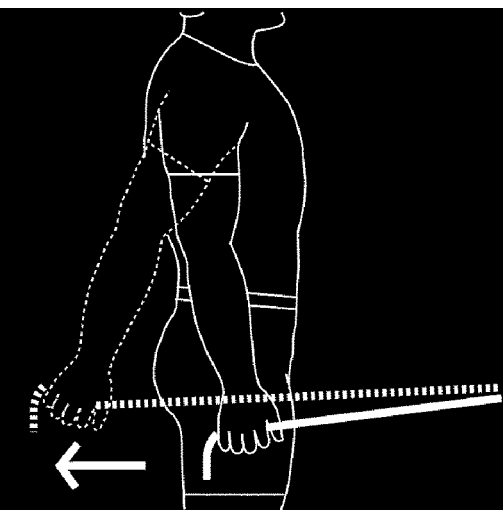
Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.

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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 3 sets of 10 Repetitions,
once a day.

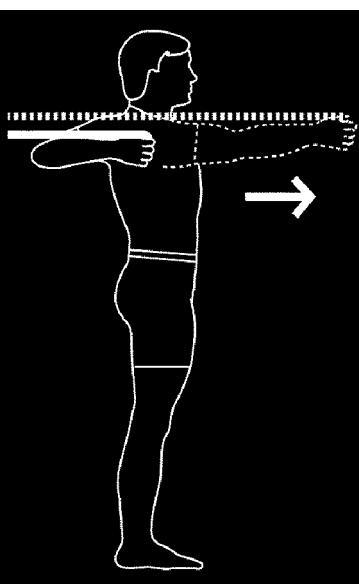
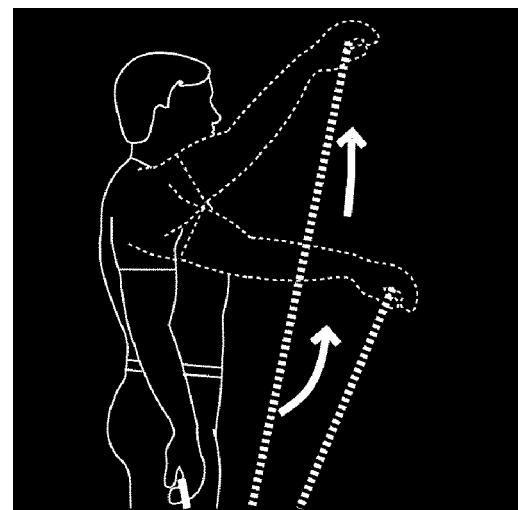
Hold exercise for 2 Seconds.

Resist shld flx uni w/elastic

- ~ Secure elastic at floor level or stand on elastic.
- ~ Begin with arm at side, elbow straight, palm down.
- ~ Grasp elastic.
- ~ Raise arm in front over head, keeping elbow straight.
- ~ Return to starting position.

Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.



Resist shld presses uni w/elastic

- ~ Attach elastic to secure object at shoulder level.
- ~ Sit or stand as shown.
- ~ Hold elastic in hand, arm out from side, elbow bent, as shown.
- ~ Push forward, straightening elbow.
- ~ Return to start position and repeat.

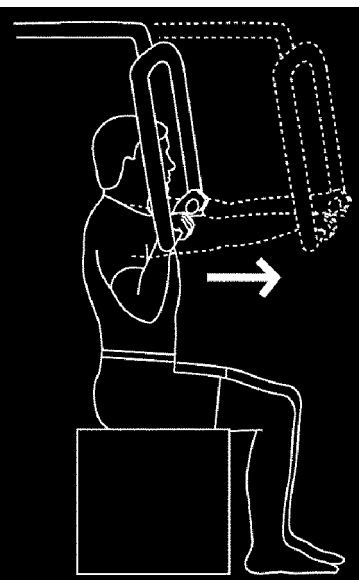
Perform 3 sets of 10 Repetitions,
once a day.

Hold exercise for 2 Seconds.

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Resist shld chest press (horiz) w/mach

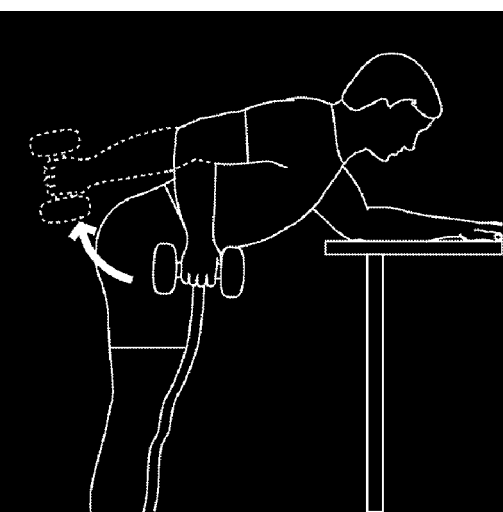
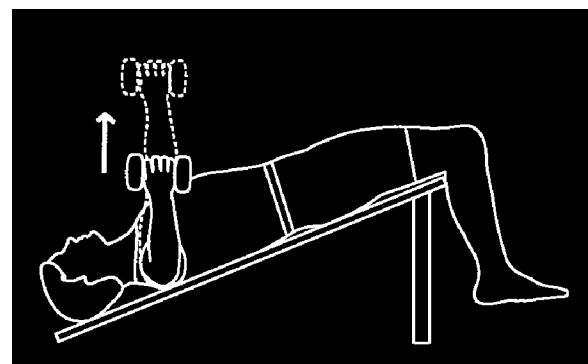
- ~ Sit at chest press machine.
- ~ Grasp handles and push forward.
- ~ Return to start position and repeat.

Perform 3 sets of 10 Repetitions,
once every other day.

Resist shld decline press w/wt

- ~ Lie on back on decline press bench.
- ~ Hold dumbbells in hands shoulder distance or slightly more apart.
- ~ Lift weights upward and lower to chest.
- ~ Repeat.

Perform 3 sets of 10 Repetitions,
once every other day.



Resist elbow ext w/wt (triceps kickbacks)

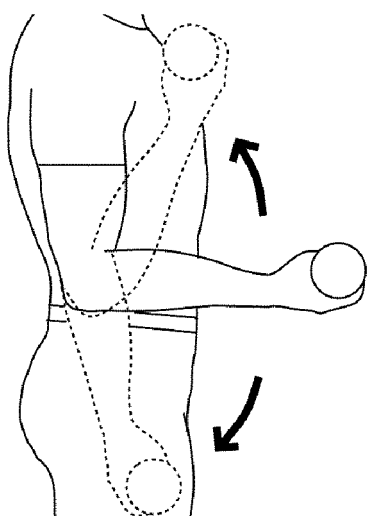
- ~ Stand, leaning over chair or table, arm back, elbow bent, as shown.
- ~ Hold weight in hand.
- ~ Straighten elbow through available range.
- ~ Return to start position.

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once every other day.

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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 3 sets of 10 Repetitions,
once every other day.

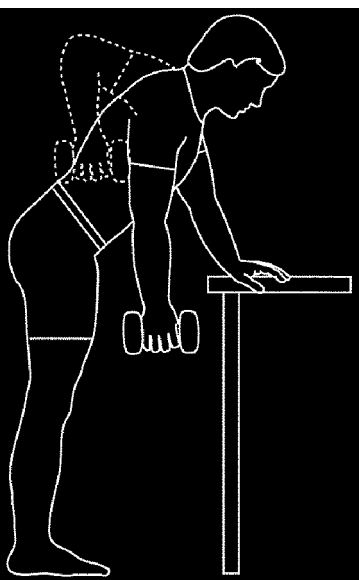
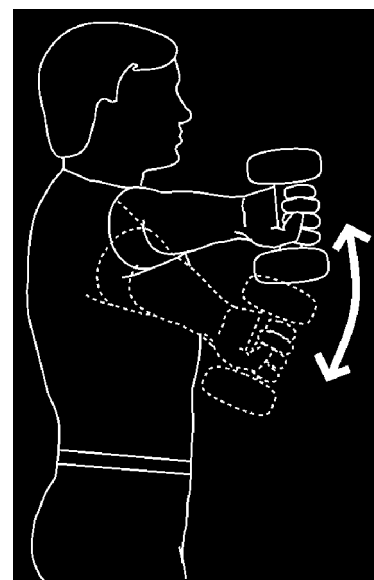
Resist shld Supraspinatus lift uni w/wt

- ~ Hold arm out from sides at 45 degrees as shown.
- ~ Hold weight in hand with thumbs down.
- ~ Lower and raise arm.

Special Instructions:

Do not raise past shoulder level.

Perform 3 sets of 10 Repetitions,
once every other day.



Resist shld bent row w/wt

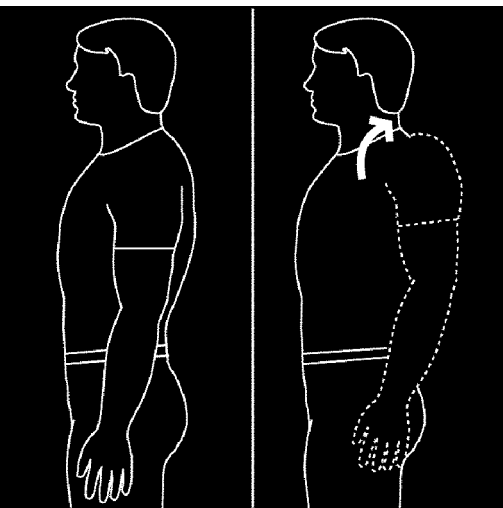
- ~ Hold weight in involved arm.
- ~ Slightly bend hips and knees and support upper body with other arm as shown.
- ~ Lift arm up, raising elbow to shoulder height.
- ~ Return to start position and repeat.

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AROM shld elev/retract bil (shld rolls)

- ~ Stand or sit, raise shoulders upward toward ears, and roll backwards.
- ~ Return to start position.

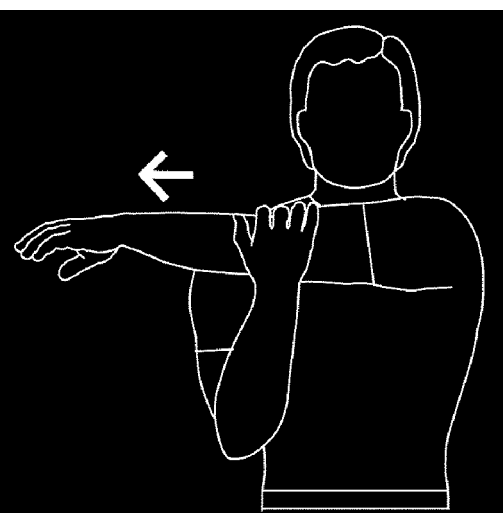
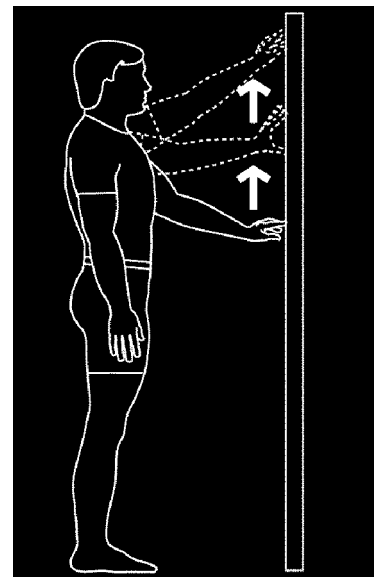
Perform 3 sets of 10 Repetitions,
once a day.

AROM shld flx (finger walking) at wall

- ~ Stand, facing wall.
- ~ Place hand on wall at hip level.
- ~ Using your fingers, walk your arm upward through available range, and walk back down.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 5 Seconds.



Stretch shld capsule posterior w/arm

- ~ Bring involved arm across in front of body as shown.
- ~ Hold elbow with other arm.
- ~ Gently pull across chest until a stretch is felt in the back of shoulder.

Perform 1 set of 10 Repetitions,
once a day.

Hold exercise for 10 Seconds.

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