

Resist wrist ext w/wt

- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm down as shown.
- Move wrist upward.
- Return to starting position.

Perform 2 sets of 10 Repetitions,
once a day.

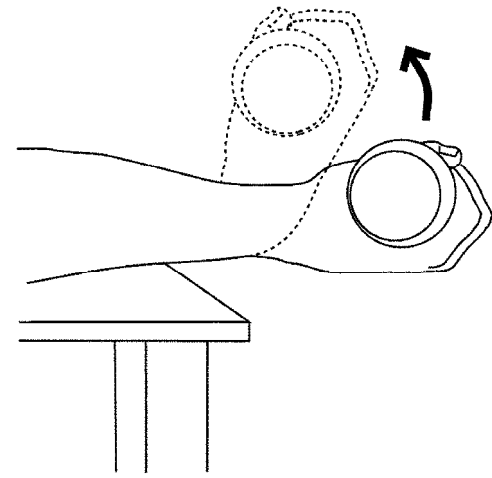
Use 3-5 Lbs.

Resist wrist flx w/wt

- Grasp weight with hand.
- Place forearm on table with hand off edge of table, palm up as shown.
- Move wrist upward.
- Return to starting position.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.

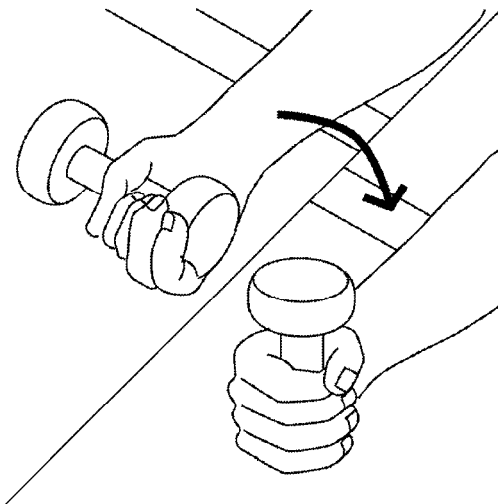


Resist wrist pron w/wt

- Support forearm on table or armchair.
- Position hand palm up with weight in hand as shown.
- Rotate hand to thumb up.
- Return to start position.

Perform 2 sets of 10 Repetitions,
once a day.

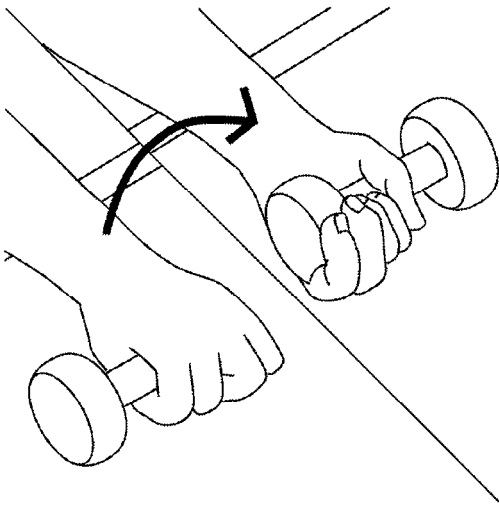
Use 3-5 Lbs.



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Resist wrist sup w/wt

- Support forearm on table or armchair.
- Position hand palm down holding weight as shown.
- Rotate hand to thumb up.
- Return to start position.

Perform 2 sets of 10 Repetitions,
once every other day.

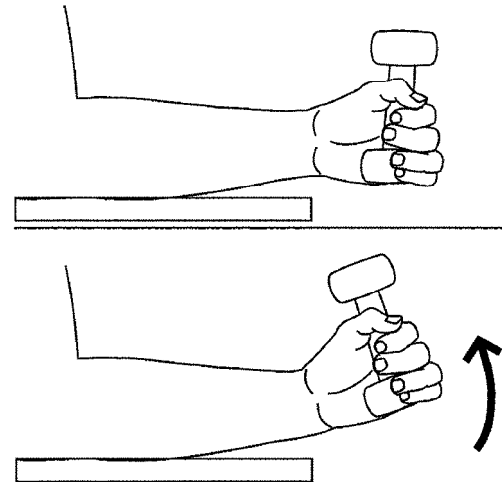
Use 3-5 Lbs.

Resist wrist radial dev w/wt

- Support forearm on table or knee as shown.
- Hold weight in hand, thumb up.
- Lift weight upward.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.

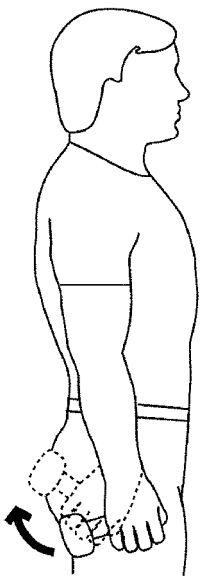


Resist wrist ulnar dev w/wt

- Hold weight in hand, arm at side.
- Bend wrist backward as shown.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

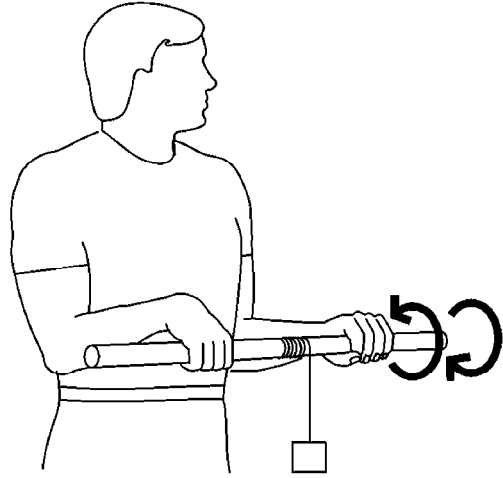
Use 3-5 Lbs.



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Resist wrist ext w/dowel

- Attach weight to rope and secure rope to dowel.
- Using both hands, palm down, wind up the rope, then unwind.

Perform 1 set of 10 Repetitions,
once a day.

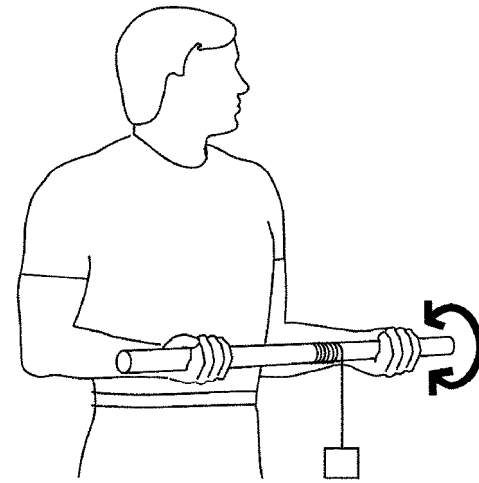
Use 5-10 Lbs.

Resist wrist flx w/dowel

- Attach weight to rope and secure rope to dowel.
- Using both hands, palm up, wind up the rope, then unwind.

Perform 1 set of 10 Repetitions,
once a day.

Use 5-10 Lbs.

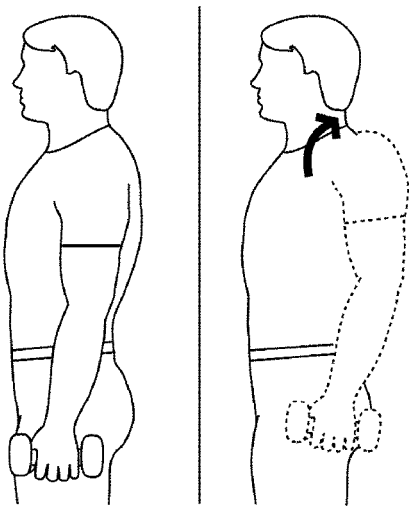


Resist shld elev/retract bil w/wt (shld rolls)

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

Perform 3 sets of 10 Repetitions,
once a day.

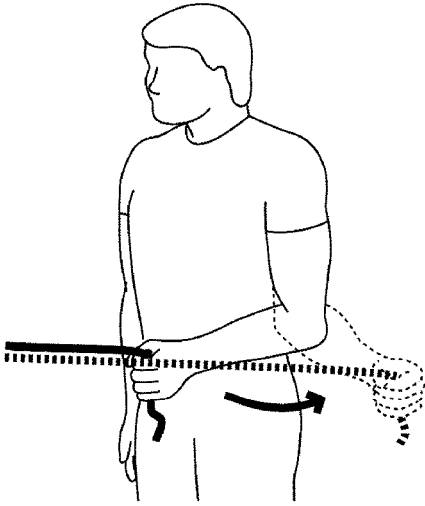
Use 10-20 Lbs.



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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

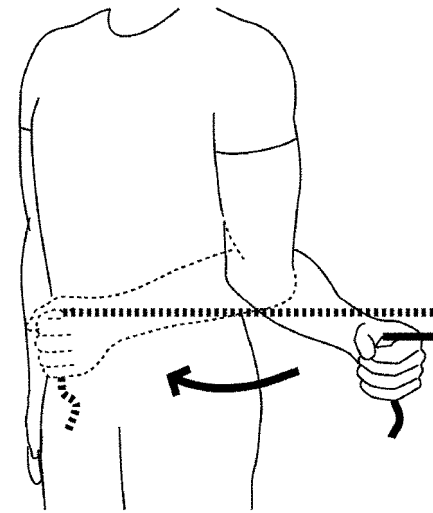
- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Return to start position

Special Instructions:

Keep arm at side.

Perform 2 sets of 10 Repetitions,
once a day.

Use black Elastic.



Resist shld ext bil stand w/elastic

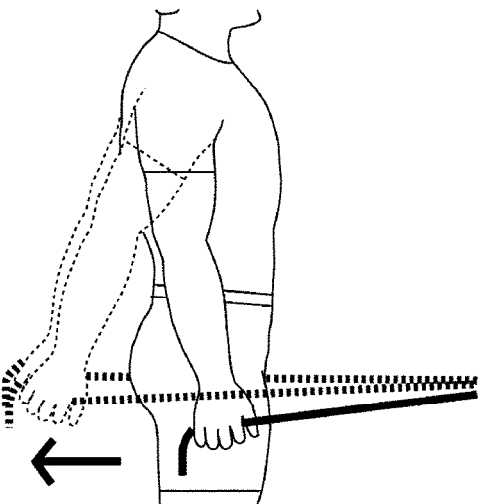
- Secure elastic at waist level as shown.
- Face toward elastic.
- Grasp elastic in hands, and pull backwards, keeping elbows straight.
- Return to start position.

Special Instructions:

Maintain neutral spine in low back.

Perform 1 set of 10 Repetitions,
once a day.

Use black Elastic.
Hold exercise for 3 Seconds.

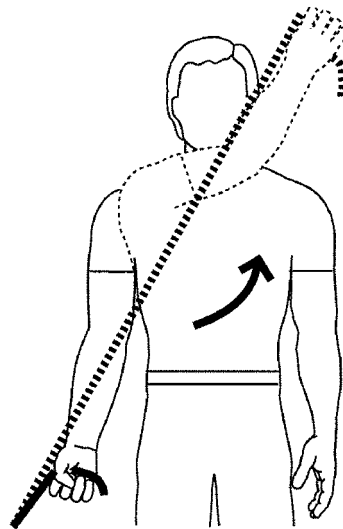


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Resist shld diag D1 flx w/elastic



- Secure elastic to secure object at floor level.
- Sit or stand, arm at side.
- Grasp elastic in hand, palm forward.
- Lift arm upward and across body to opposite shoulder, bending elbow, ending with palm inward.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,
once a day.

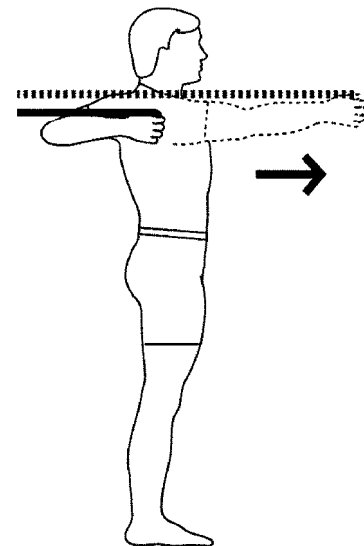
Perform 1 repetition every 4 Seconds.
Use black Elastic.
Hold exercise for 3 Seconds.

Resist shld presses uni w/elastic

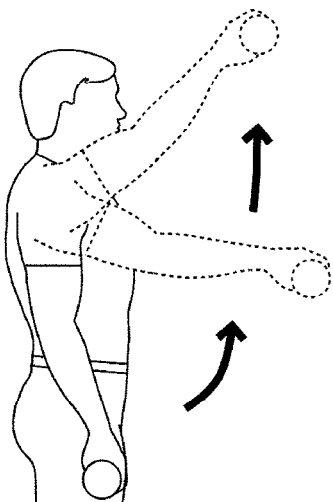
- Attach elastic to secure object at shoulder level.
- Sit or stand as shown.
- Hold elastic in hand, arm out from side, elbow bent, as shown.
- Push forward, straightening elbow.
- Return to start position and repeat.

Perform 1 set of 10 Repetitions,
once a day.

Use black Elastic.
Hold exercise for 3 Seconds.



Resist shld flx uni w/wt



- Begin with arm at side, elbow straight, Thumb up towards ceiling with weight in hand.
- Raise arm in front over head.
- Return to starting position.

Special Instructions:
DO NOT GO ABOVE THE SHOULDER!!

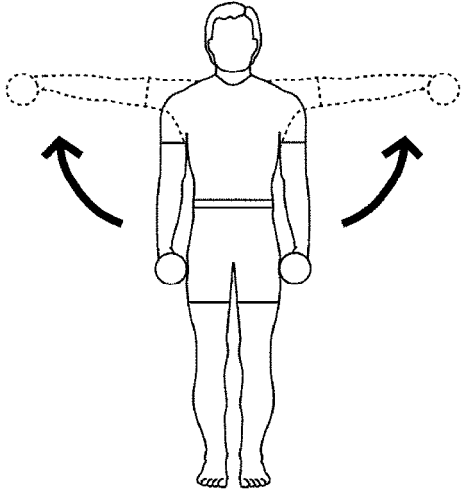
Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.

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Resist shld abd bil w/wt (lat Deltoid)

- Stand holding weights in hands and palms inward.
- Lift arms up and out to sides to shoulder level.
- Lower and repeat.

Special Instructions:

Thumb Up towards ceiling. Do not go above shoulder level.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.

Resist shld Supraspinatus lift bil w/wt

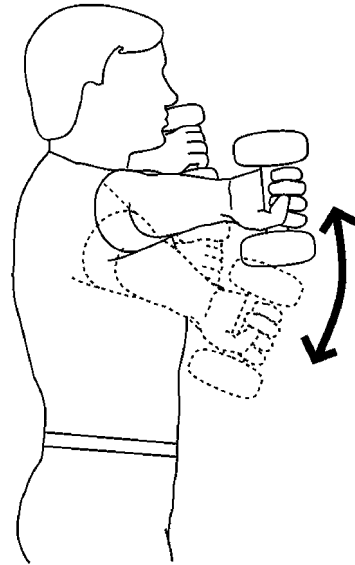
- Hold arms out from sides at 45 degrees as shown.
- Hold weights in hands with thumbs down.
- Lower and raise arms.

Special Instructions:

Do not raise past shoulder level.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.

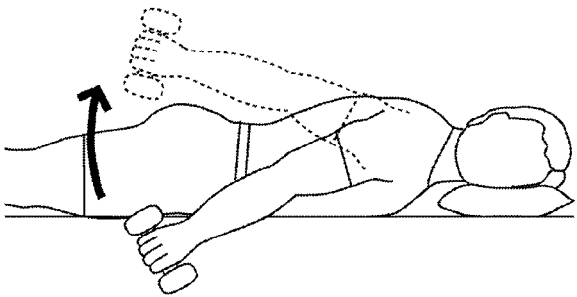


Resist shld ext uni prone w/wt

- 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.

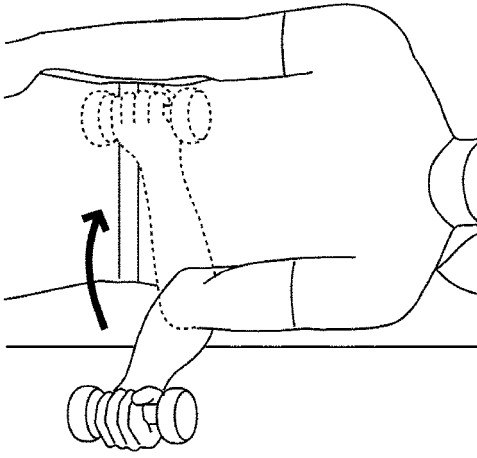
Use 5-10 Lbs.



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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.

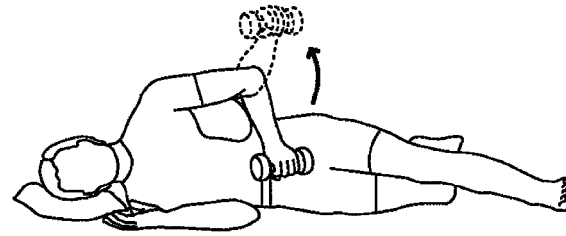
Use 3-5 Lbs.

Resist shld ER sidelying (arm abd) w/wt

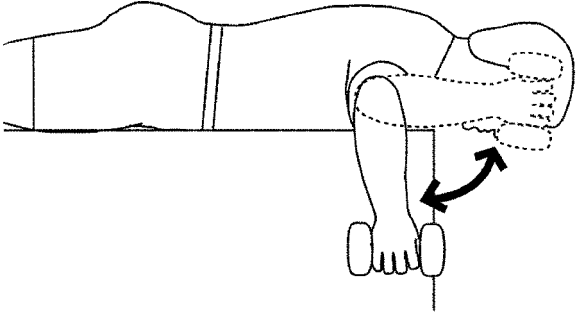
- Lie on side, involved side up.
- Place pillow between arm and body.
- Place arm on pillow, elbow bent, with weight in hand.
- Move hand up as shown.
- Return to starting position.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.



Resist shld ER prone w/wt



- Lie face down.
- Hold weight in hand.
- Place arm at 90 degrees, elbow bent, as shown.
- Palm down towards floor
- Rotate arm upward, keeping elbow bent.

Perform 2 sets of 10 Repetitions,
once a day.

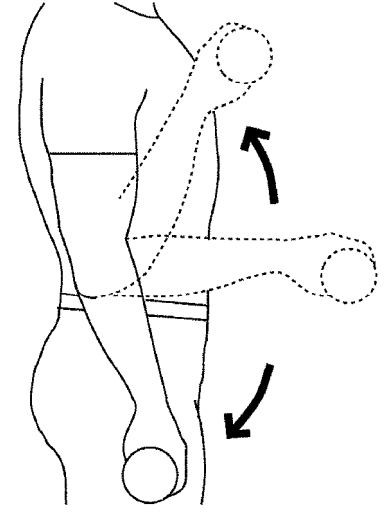
Use 3-5 Lbs.

Resist elbow brachialis lift w/wt

- Sit or stand, hold weight in hand, palm down.
- Lift weight, bending elbow.
- Return to start position.

Perform 2 sets of 10 Repetitions,
once a day.

Use comfortable Lbs.

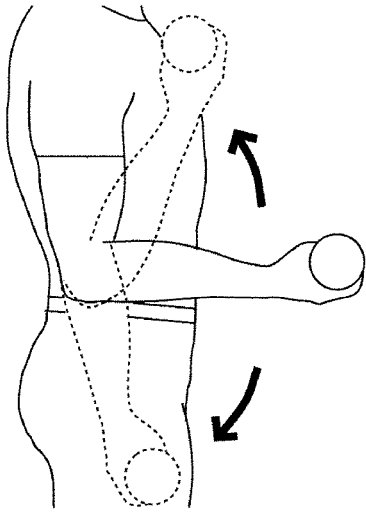


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Resist elbow flex uni w/wt

- 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.

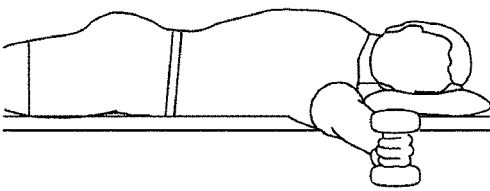
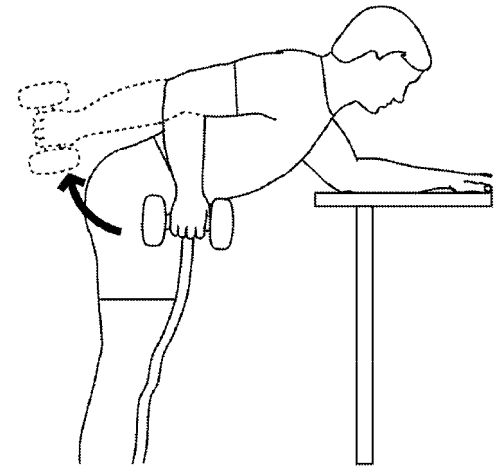
Use comfortable Lbs.

Resist 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.

Perform 2 sets of 10 Repetitions,
once a day.

Use comfortable Lbs.

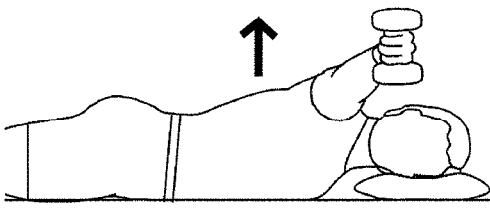


Resist shld horiz abd uni prone thumb down w/wt

- Hold weight in hand, thumb down.
- Lie on stomach with arms extended overhead at 45 degrees as shown.
- Lift arm upward slightly above head.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.



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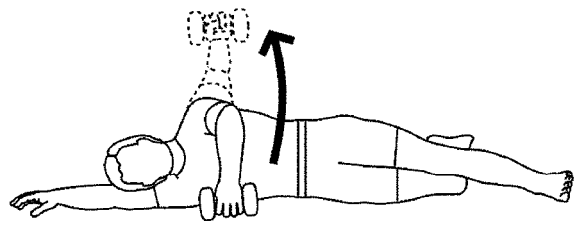
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Resist shld horiz abd uni sidelying w/wt low level

- Lie on uninvolved side, arm straight out in front, elbow bent, weight in hand.
- Lift arm up as shown keeping elbow bent.
- Return to start position.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.

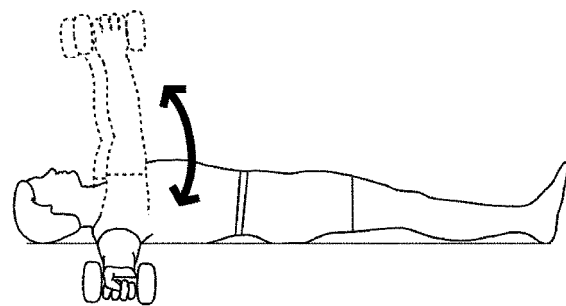


Resist shld horiz add bil supine w/wt

- Lie on back, arms out to sides, elbows straight.
- Hold weights in hands.
- Lift arms up to middle, keeping elbows straight.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use 3-5 Lbs.

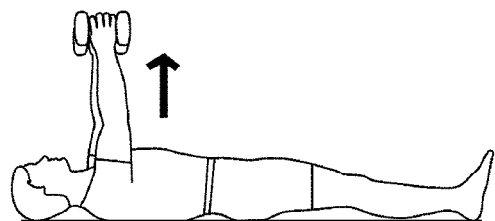
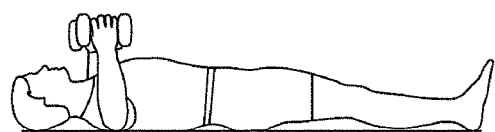


Resist shld press bil supine w/wt

- Lie on back.
- Hold weights in hands, arms at side, elbows bent as shown.
- Lift arms up and overhead.
- Return to start position and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use comfortable Lbs.

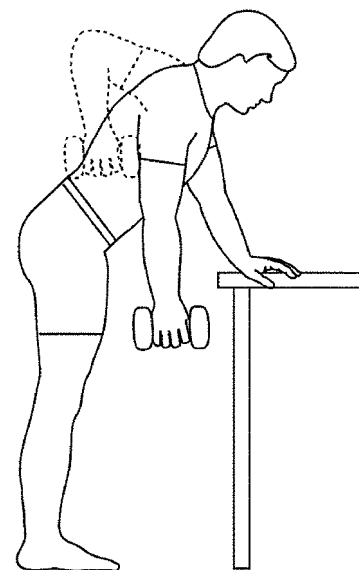


Resist shld bent row w/wt

- 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.

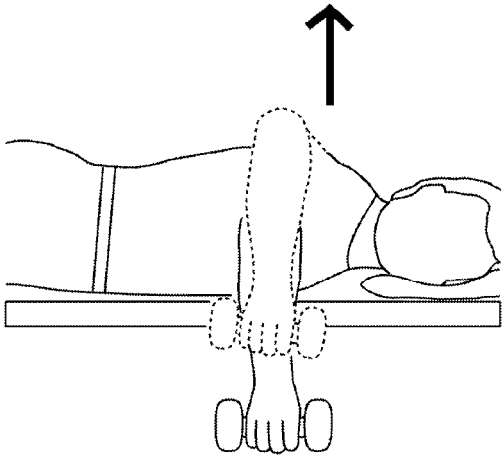


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Resist shld retract uni prone w/wt

- Lie face down on bed or couch.
- Position arm at 90 degrees as shown, elbow bent, weight in hand.
- Raise arm, bringing shoulder blade toward middle of back.
- Return to start position.

Perform 2 sets of 10 Repetitions,
once a day.

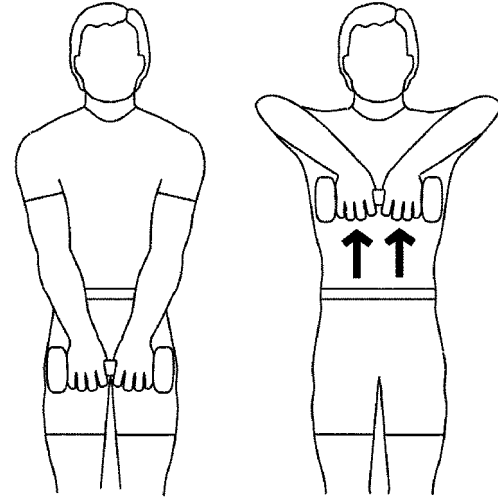
Use comfortable Lbs.

Resist shld upright rows bil w/wt

- Stand with weight in hands in front of hips, elbows straight.
- Lift weight upward toward chin, bending elbows.
- Keep hands close to chest.
- Lower and repeat.

Perform 2 sets of 10 Repetitions,
once a day.

Use comfortable Lbs.

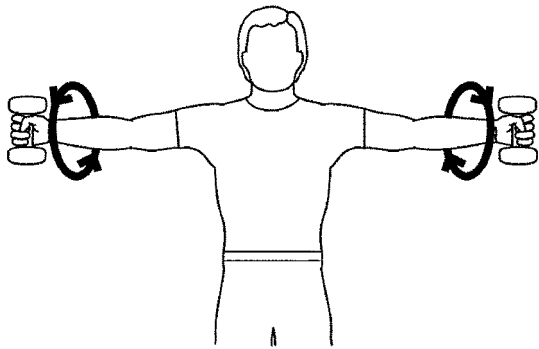


Resist shld circles w/wt

- Hold weights in hands.
- Raise arms out to sides.
- Keep elbows straight.
- Make small circles, first forward, then backwards.

Perform 2 sets of 1 Minute,
once a day.

Use 3-5 Lbs.



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