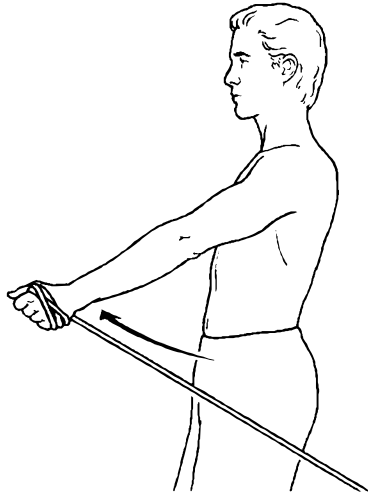


SHOULDER - 41 Strengthening: Resisted Flexion

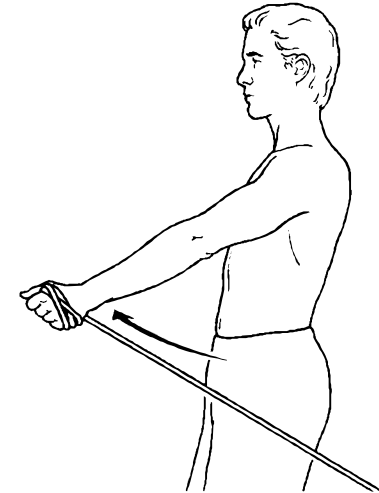
Hold tubing with left arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 41 Strengthening: Resisted Flexion

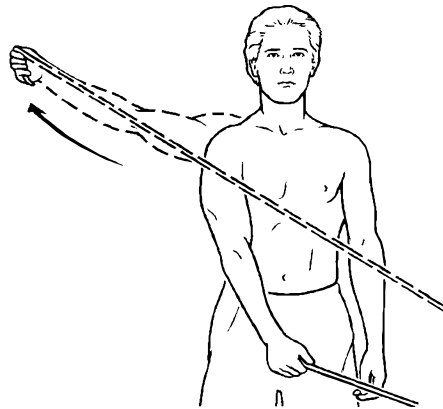
Hold tubing with right arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

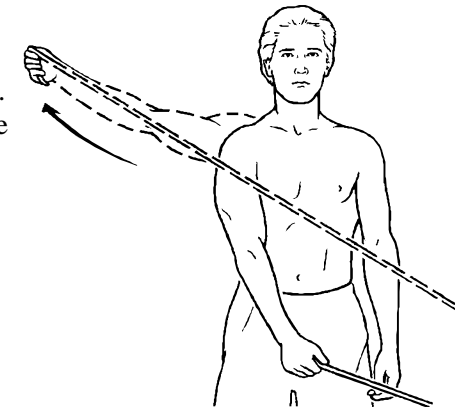
Hold tubing with left arm across body. Pull up and away from side. Move through pain-free range of motion.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

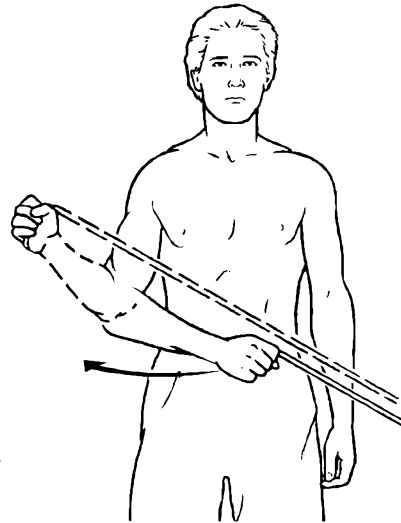
Hold tubing with right arm across body. Pull up and away from side. Move through pain-free range of motion.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

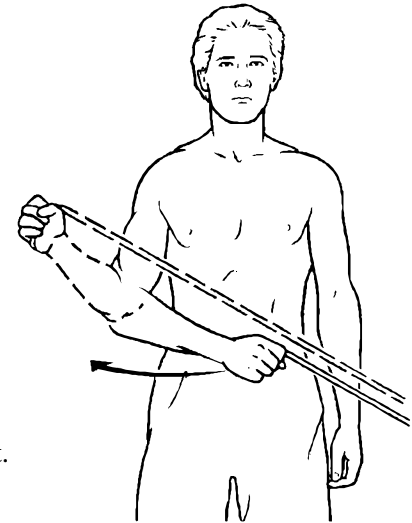
Hold tubing in left hand,
elbow at side and forearm
across body. Rotate
forearm out.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

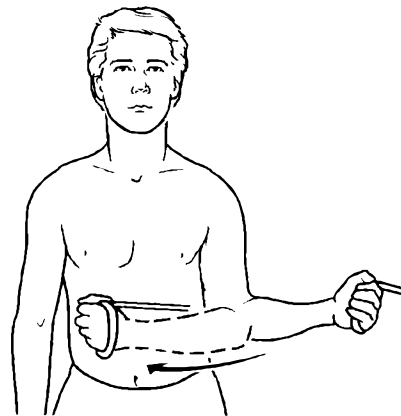
Hold tubing in right hand,
elbow at side and forearm
across body. Rotate
forearm out.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

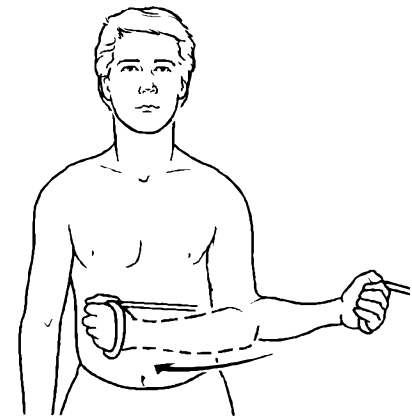
Hold tubing in left hand,
elbow at side and forearm
out. Rotate forearm in
across body.



Repeat 15-20 times
per set.
Do 3 sets
per session.
Do 2 sessions
per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

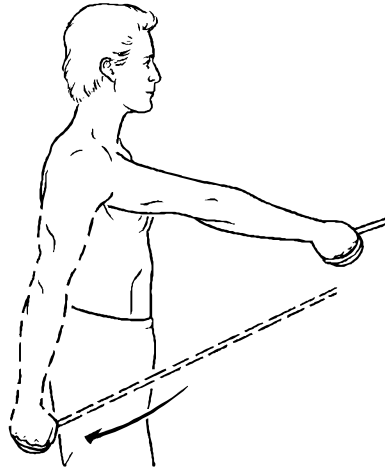
Hold tubing in right hand,
elbow at side and forearm
out. Rotate forearm in
across body.



Repeat 15-20 times
per set.
Do 3 sets
per session.
Do 2 sessions
per day.

SHOULDER - 45 Strengthening: Resisted Extension

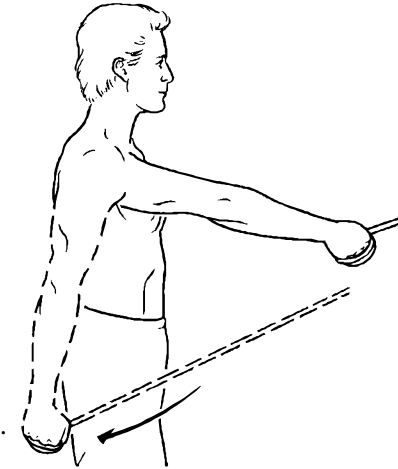
Hold tubing in left hand,
arm forward. Pull arm
back, elbow straight.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

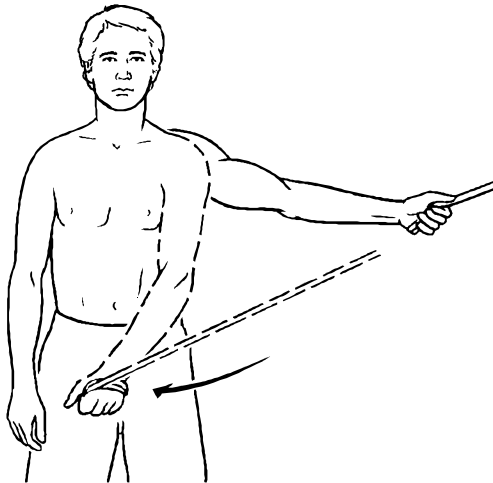
Hold tubing in right hand,
arm forward. Pull arm
back, elbow straight.



Repeat 15-20 times per set.
Do 3 sets per session.
Do 2 sessions per day.

SHOULDER - 46 Strengthening: Resisted Adduction

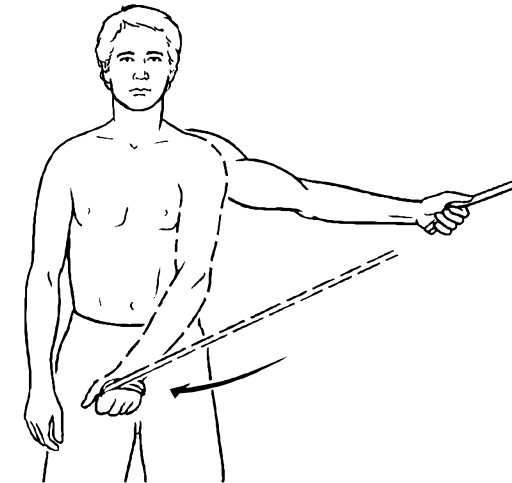
Hold tubing in
left hand, arm
out. Pull arm
toward opposite
hip. Do not twist
or rotate trunk.



Repeat 15-20
times per set.
Do 3 sets
per session.
Do 2
sessions per day.

SHOULDER - 46 Strengthening: Resisted Adduction

Hold tubing in
right hand, arm
out. Pull arm
toward opposite
hip. Do not twist
or rotate trunk.



Repeat 15-20
times per set.
Do 3 sets
per session.
Do 2
sessions per day.