

SHOULDER - 26 ROM: Pendulum (Circular)

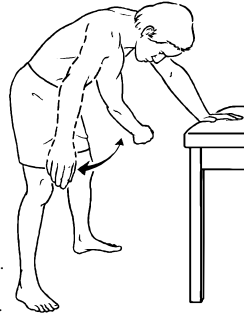
Let right arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.



Circle 10 times each direction per set.  
 Do 2 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 28 ROM: Cross (Horizontal Abduction / Adduction)

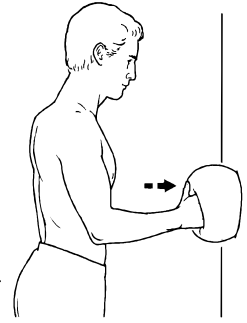
Reach right arm across body as far as possible, then pull arm out from side.



Repeat 10 times per set.  
 Do 2 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 29 Strengthening: Isometric Flexion

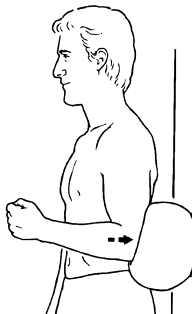
Using wall for resistance, press right fist into ball using light pressure. Hold 10 seconds.



Repeat 3 times per set.  
 Do 1 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 31 Strengthening: Isometric Extension

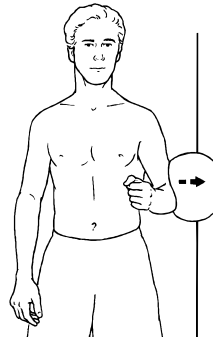
Using wall for resistance, press back of left arm into ball using light pressure. Hold 10 seconds.



Repeat 3 times per set.  
 Do 1 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 32 Strengthening: Isometric Abduction

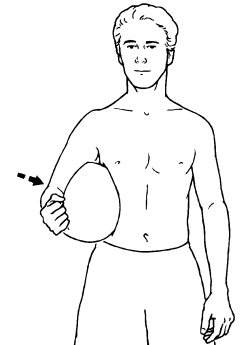
Using wall for resistance, press left arm into ball using light pressure. Hold 10 seconds.



Repeat 3 times per set.  
 Do 1 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction

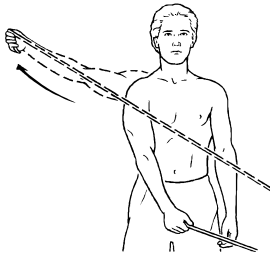
Using body for resistance, gently press right arm into ball using light pressure. Hold 10 seconds.



Repeat 3 times per set.  
 Do 1 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

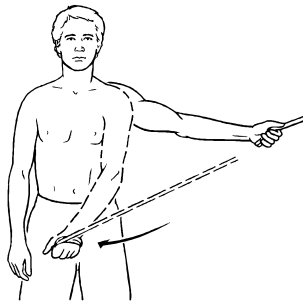
Hold tubing with right arm across body. Pull up and away from side. Move through pain-free range of motion.



Repeat 12-15 times per set.  
 Do 3 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 46 Strengthening: Resisted Adduction

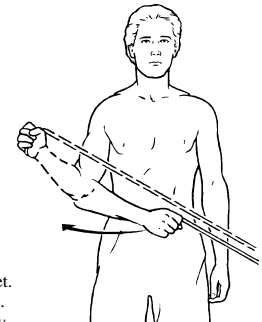
Hold tubing in left hand, arm out. Pull arm toward opposite hip. Do not twist or rotate trunk.



Repeat 12-15 times per set.  
 Do 3 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

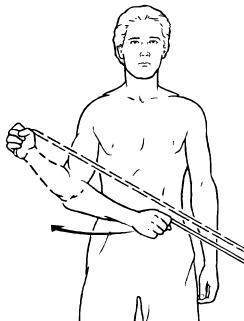
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 12-15 times per set.  
 Do 3 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

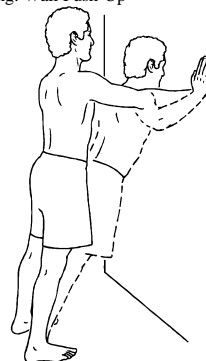
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 12-15 times per set.  
 Do 3 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 81 Strengthening: Wall Push-Up

With arms slightly wider apart than shoulder width, and feet        inches from wall, gently lean body toward wall.



Repeat 10 times per set.  
 Do 3 sets per session.  
 Do 1-3 sessions per day.

SHOULDER - 58 Scapular: Stabilization (Prone)

Holding 3-8 pound weights, raise both arms out from sides. Keep elbows straight.  
 Repeat 3 times per set. Do 1 sets per session.  
 Do 1-3 sessions per day.

