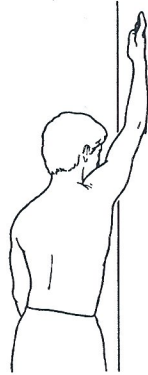


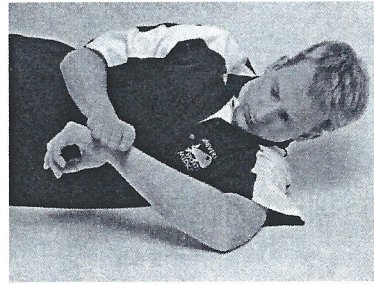
SHOULDER - 8 ROM: Flexion (Alternate)

Slide arm up wall, with palm down, by leaning toward wall. Hold 10 seconds.



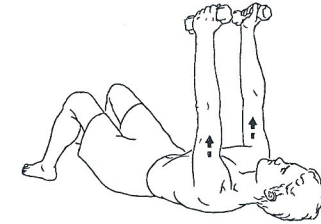
Repeat 5-10 times per set.

Do 1 sessions per day.



Side lying on affected side. Passive internal rotation of the arm is applied by opposite arm at the wrist. Place arm at 60-90 degrees from your side. Hold for 30 seconds and repeat 3-5 times.

SHOULDER - 57 Scapular: Protraction - 90° of Flexion

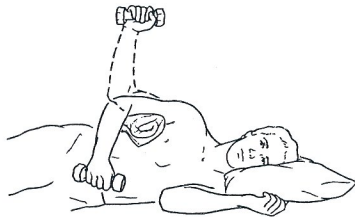


Holding 0-3 pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor. Hold for 3-5 seconds.

Repeat 15 times per set.

Do 1 sessions per day.

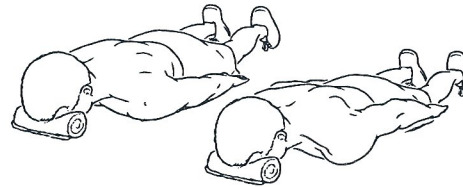
SHOULDER - 68 Progressive Resisted: External Rotation (Side-Lying)



Holding 0-3 pound weight, towel under arm, raise forearm toward ceiling. Keep elbow bent and at side.

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

SHOULDER - 106 Scapular Retraction (Prone)



Lie with arms at sides. Pinch shoulder blades together and raise arms a few inches from floor. Hold for 5 seconds.

Repeat 10-15 times per set.

Do 1 sessions per day.

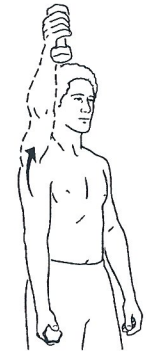
SHOULDER - 75 Strengthening: Scaption - with External Rotation

Holding 0-3 pound weight, raise arm diagonally from hip to above head. Keep elbow straight, thumb up.

Repeat 8-12 times per set.

Do 2-3 sets per session.

Do 1 sessions per day.

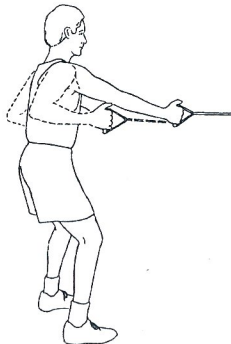


MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

Repeat 10-15 times per set.

Do 1 sessions per day.



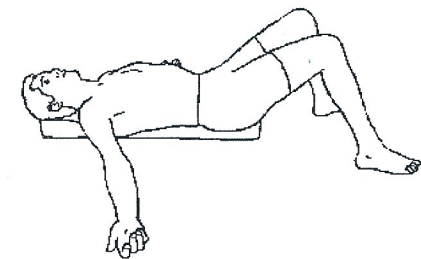
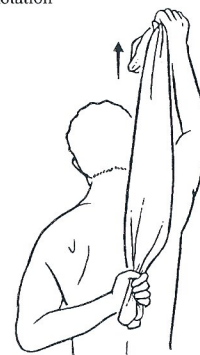
Anchor Height: Waist

SHOULDER - 73 ROM: Towel Stretch - with Interior Rotation

Pull arm up behind back by pulling towel up with other arm. Hold 30 seconds.

Repeat 3-4 times per set.

Do 1 sessions per day.



Place arm in either T or Y position and feel stretch across chest. Hold stretch for 1-2 minutes.