

Exercise: Arm Forward (Flexion) Resistance Foot Elastic
 Area: Shoulder

Comment:

Exercise Description:

1. Stand with good erect posture, feet shoulder width apart, and elastic looped under foot.
2. Grasp elastic in hand and place arm at side, elbow straight, thumb forward.
3. Keep elbow straight throughout exercise.
4. Pull forward against resistance and hold.
5. Slowly return to starting position and repeat.

What to feel? Tightening in front of shoulder
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength



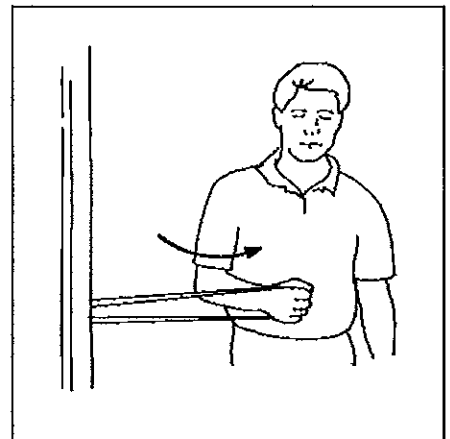
Exercise: Rotate Arm In (Internal Rotation) Elastic
 Area: Shoulder

Comment:

Exercise Description:

1. Attach elastic at elbow level and stand with outside of shoulder toward attachment of elastic.
2. Place arm at side, bend elbow to 90 degrees, grasp elastic in hand, and step out to pick up slack.
3. Keep elbow at side throughout exercise.
4. Pull elastic and forearm across stomach and hold .
5. Slowly return to starting position and repeat.

What to feel? Tightening of front of shoulder and chest
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength



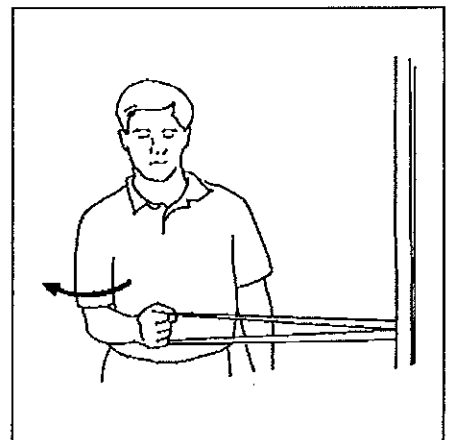
Exercise: Rotate Arm Out (External Rotation) Elastic
 Area: Shoulder

Comment:

Exercise Description:

1. Attach elastic at elbow level and stand with outside of UNINVOLVED shoulder toward attachment of elastic.
2. Place arm at side, elbow bent to 90 degrees, and grasp elastic in hand.
3. Start with arm across stomach, elbow at side, and step away from attachment to pick up slack.
4. Keep elbow at side throughout exercise.
5. Rotate the arm out moving hand away from body keeping elbow at side and hold.
6. Slowly return to starting position and repeat.

What to feel? Tightening in back of shoulder and shoulder blade area
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength

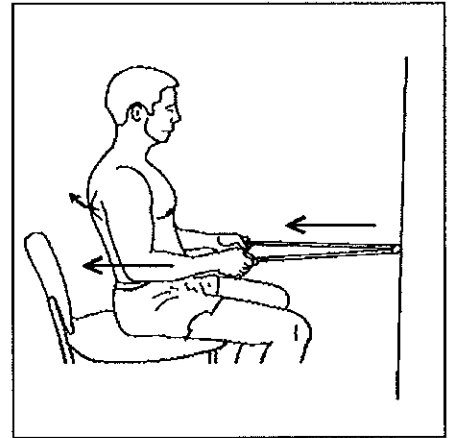


Exercise: Arm Back (Extension) Elbow Bent Both Sides Elastic
 Area: Shoulder

Comment:**Exercise Description:**

1. Attach elastic with two ends at elbow level and sit or stand with good posture facing attachment of elastic.
2. Place arms at side, elbow bent to 90 degrees, and grasp elastic in hands.
3. Keep elbows bent, pull backward against elastic, and hold.
4. Slowly return to starting position and repeat.

What to feel? Tightening behind shoulder and shoulder blade area
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength

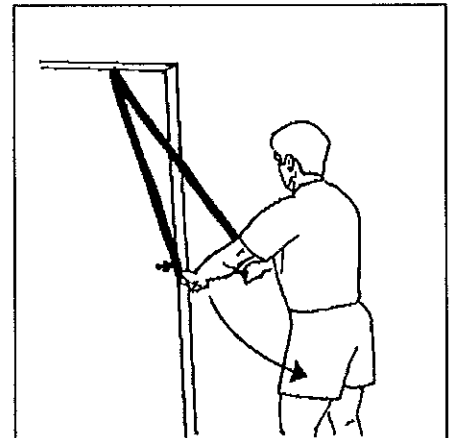


Exercise: Arm Back (Extension) (Latissimus) Pull Down Elastic
 Area: Shoulder

Comment:**Exercise Description:**

1. Attach elastic securely in top of doorway or another elevated position of attachment.
2. Stand with good erect posture, feet shoulder width apart, facing door.
3. Grasp elastic in each hand, elbow straight, arms up.
4. Slowly pull down and out with both hands, keep elbows straight.
5. Slowly return to starting position and repeat.

What to feel? Tightening behind shoulder and shoulder blade area
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength



Exercise: Rotate Arm Out with Towel Roll (Ext. Rot.) Sidelying Weight
 Area: Shoulder

Comment:**Exercise Description:**

1. Lie on uninvolved side, upper arm against side with towel roll under arm.
2. Bend upper arm at elbow to 90 degrees, keep wrist straight.
3. Keep elbow bent at 90 degrees throughout exercise.
4. Lift weight off stomach until forearm reaches just past horizontal.
5. Slowly return to starting position and repeat.

What to feel? Tightening on back of shoulder.
 How many/often? 1 sets 20 repetitions 1 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength

