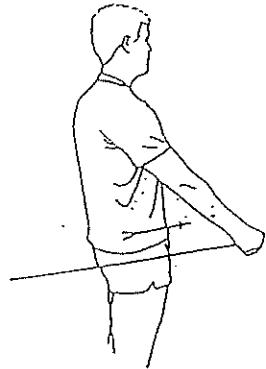


**SHOULDER - 41 Strengthening Activities**  
Active Resistive Flexion

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

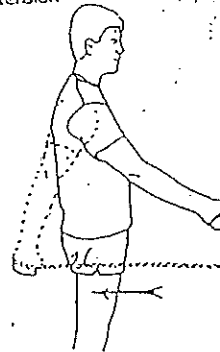
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**SHOULDER - 45 Strengthening Activities**  
Active Resistive Extension

Using tubing, pull arm back. Be sure to keep elbow straight.

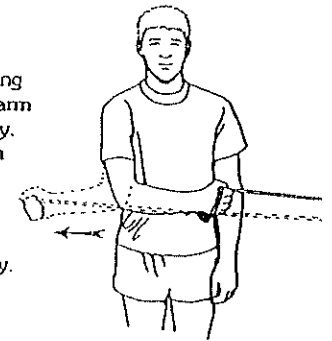
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**SHOULDER - 43 Strengthening Activities**  
Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

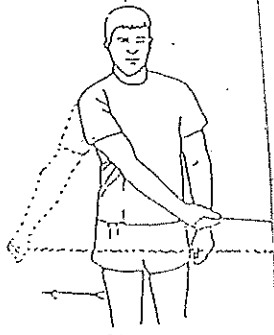
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**SHOULDER - 42 Strengthening Activities**  
Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

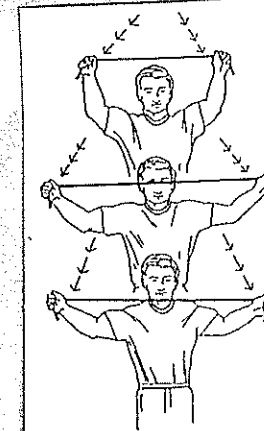
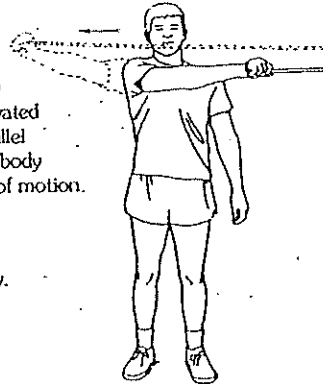
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**SHOULDER - 47 Strengthening Activities**  
Active Resistive Horizontal Abduction

Using tubing, keep elbow straight and shoulder elevated so that upper arm is parallel to floor. Pull arm across body through pain free range of motion.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



**Back Pull Down Exercise**

- Sit or stand with feet shoulder width apart.
- Loop the exerciser around each palm.
- Arms stretched over head, elbows slightly bent.
- Lower arms outward to shoulder height.
- Hold.
- Return to start position.

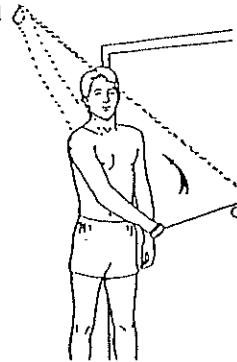
Repetitions: \_\_\_\_\_ Sets: \_\_\_\_\_

Color: \_\_\_\_\_

**SHOULDER - 49 Strengthening Activities**  
Active Resistive Diagonal

Using tubing, start with palm facing behind you. Pull arm out, up and across body rotating arm as you move so palm continues to face behind you.

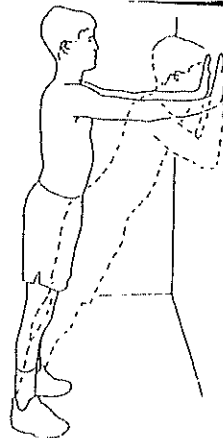
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.



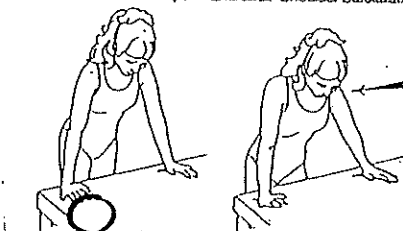
**Upper Extremity:**  
Wall Push-Ups

With feet and hands shoulder width apart, lean into wall, then push away from wall

Repeat \_\_\_\_\_ Reps  
or \_\_\_\_\_ Minutes  
Do \_\_\_\_\_ Sessions per Day.



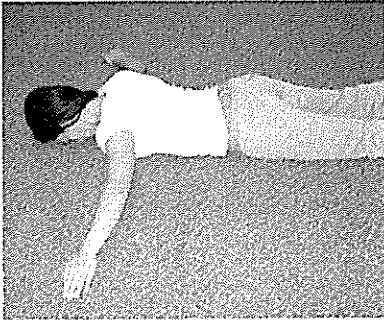
**61 Scapular Exercises: Shoulder Stabilization**



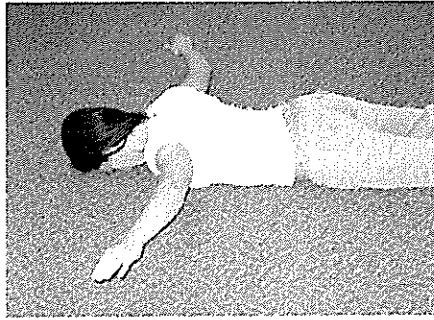
With palms resting comfortably on table, gently lean sideways and forward over shoulder. Repeat to opposite side. Hold \_\_\_\_\_ seconds. Relax. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

**ALL EXERCISES  
HOLD 5 SEC  
REPEAT 10 X  
DO 2X DAILY**

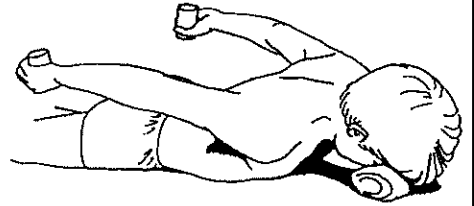
Airplane  
A – start position



B- finish position



Superman



Shoulder Extension



Rowing

