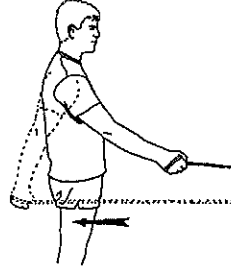


Upper Extremity Strengthening and Scapular Stabilization

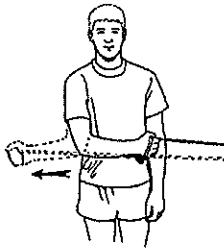
Rowing

Shoulder Extension



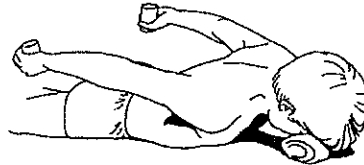
Starting with shoulders down and back and with the arms straight, and in front of you. Pull arms alongside body, ending behind body.

External Rotation



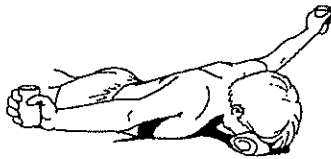
Starting with shoulders down and back and with the elbow at a 90° angle, rotate arm outward.

Superman



Lying on stomach with pillow under hips, find pelvic neutral. Draw shoulder blades together, raising the arms alongside body.

Airplane

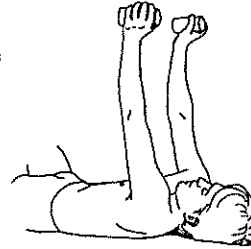


Lying on stomach with pillow under hips, find pelvic neutral. Draw shoulder blades together, raising the arms straight out to the side with palms facing down.

Wall Push Up

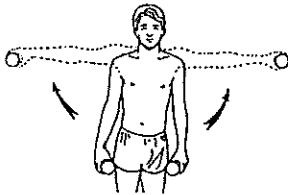
Heel Walk with Ball on Wall

Punch Up



Laying on back with knees bent, and arms straight out above you. Raise your shoulder off the floor one at time.

Side Arm Raise



Starting with arms straight and at the side, raise arms until they are level with the shoulder

Forward Arm Raise



Starting with arms straight and at the side, raise arms until they are level with the shoulder.

Wrist Extension