

Date:
Patient Name:



STRENGTH • Shoulder Abduction, Isometric

1. While standing, raise the _____ arm slightly away from the body as shown.
2. Place the other hand on top of your arm and push down. Do not allow your arm to move. Push as hard as you can without having any pain or moving the arm.
3. Hold this position for _____ seconds and then slowly return to the starting position.
4. Repeat exercise _____ times, _____ times per day.



STRENGTH • Shoulder Internal Rotation, Isometric

1. Bend your _____ elbow to 90 degrees as shown, holding the arm slightly in front of the body.
2. Place your opposite hand on the inside of your wrist as shown.
3. Try to turn/rotate your arm inward, toward the body, as if it were a gate swinging closed. Resist this motion with the opposite hand that is on the inside of your wrist. Do not let any motion occur.
4. Hold this position for _____ seconds.
5. Repeat exercise _____ times, _____ times per day.



STRENGTH • Shoulder, External Rotation, Isometric

1. Bend your _____ elbow to 90 degrees as shown, holding your arm slightly in front of your body.
2. Place your opposite hand over your wrist as shown.
3. Try to turn/rotate your arm outward, away from your body, as if it were a gate swinging open. Resist this motion with the opposite hand that is on your wrist. Do not let any motion occur.
4. Hold this position for _____ seconds.
5. Repeat exercise _____ times, _____ times per day.