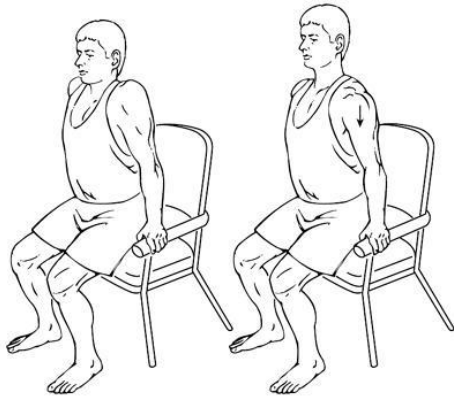


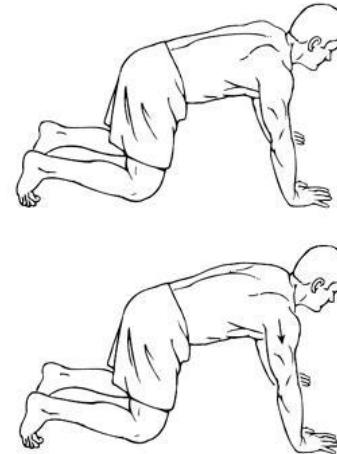
Date:  
Patient Name:

### SHOULDER • Depression



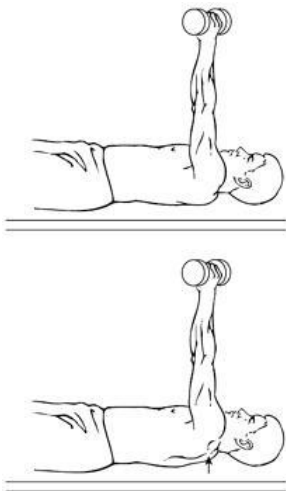
1. Support yourself as shown in an armchair. Your elbows should be straight and your feet flat on the floor.
2. Push your shoulders downward. **Do not bend your elbows.**
3. Support your weight as needed by using your legs.
4. Hold this position for \_\_\_\_\_ seconds and then **slowly** return to the starting position.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### SHOULDER • Scapular Protraction, Quadriped



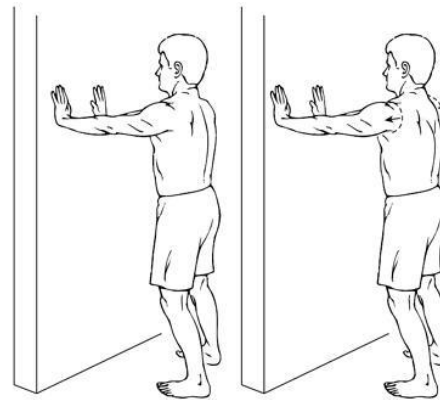
1. Position yourself on your hands and knees as shown.
2. Keep your elbows straight and push down with your hands, raising the back of your shoulders up as shown in the drawing.
3. Hold this position for \_\_\_\_\_ seconds and then **slowly** return to the starting position.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### SHOULDER • Scapular Protraction



1. Lie on your back with your arm straight up in the air as shown. Hold a pound weight in your hand.
2. Push your hand up toward the ceiling, keeping your elbow straight and raising your shoulder off the floor.
3. Hold this position for \_\_\_\_\_ seconds and then slowly return to the starting position.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### SHOULDER • Scapular Protraction



1. Stand with your hands against a wall as shown.
2. Keep your elbows straight and push down with your hands, raising the back of your shoulders away from the wall as shown in the drawing.
3. The farther away from the wall you stand, the harder the exercise.
4. Hold this position for \_\_\_\_\_ seconds and then **slowly** return to the starting position.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.