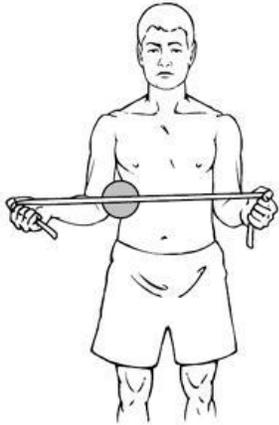


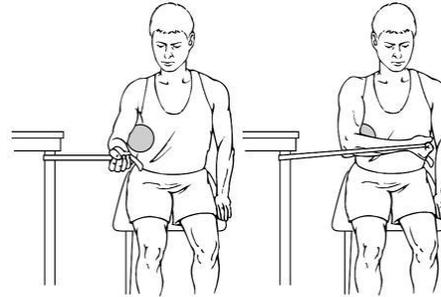
Date:
Patient Name:

STRENGTH • Shoulder External Rotation



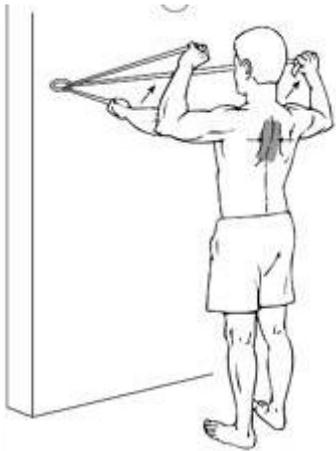
1. Stand with your arms at your side and the elbows bent to 90 degrees as shown. Place a rolled-up towel between your elbow and your side as shown.
2. Hold the rubber band/tubing, turn the arm(s) out from your side while keeping the elbows bent.
3. Do this slowly and in control through your *pain free* range of motion only. Hold this position for ___ sec. then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.

SHOULDER • Internal Rotation



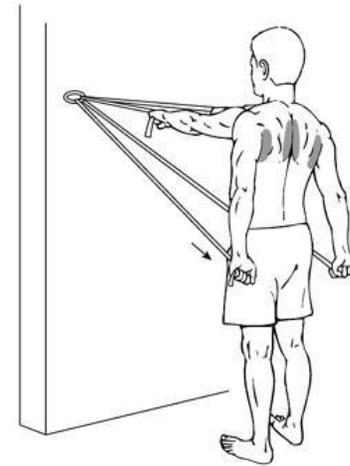
1. Anchor the rubber band/tubing to a heavy/solid object as shown.
2. Place a towel between your elbow and body as shown in the drawing and bend your elbow to 90 degrees. Squeeze the towel gently to the side of your chest with your elbow.
3. Turn/rotate your arm in toward your body (across your chest/stomach).
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times.

SHOULDER • Scapular Retraction and External Rotation



1. Hold one end of the band/tubing in each hand. Your elbows should be bent 90 degrees and at shoulder height.
2. Squeeze/"pinch" your shoulder blades together.
3. Keeping your shoulder blades pinched together, turn your arms up. Your hands should be in the position shown when you finish. ***Do not bring your elbows or your hands past the middle of your body.***
4. Repeat exercise _____ times, _____ times per day.

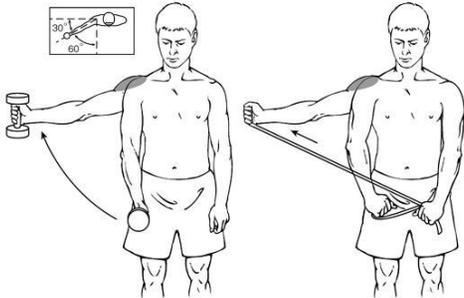
SHOULDER • Shoulder Extension



1. Anchor/secure rubber band/tubing around a stable object such as a stair post or around the knob of a closed door.
2. Stand holding the rubber band/tubing in front of you with your arms extended as shown.
3. Squeeze/pinch your shoulder blades together and pull your arms down and backward as shown. ***Do not pull arms past the midline of your body.***
4. Repeat exercise _____ times, _____ times per day.

Date:
Patient Name:

STRENGTH • Scaption, Thumb Up

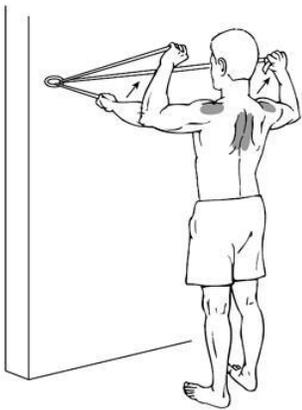


1. Hold a _____ weight in your hand with your _____ arm at your side but slightly forward (approximately 30 degrees; see small diagram). This exercise may also be done with rubber band/tubing as shown.
2. Your hand should be in a “thumbs-up” position.
3. Slowly raise your arm in the “thumbs-up” position through your **pain free** range. Do not allow your shoulder to “shrug up” while doing this exercise.
4. Repeat exercise _____ times, _____ times per day.

STRENGTH • Shoulder Horizontal Abduction

1. Anchor the rubber band/ tubing to a solid object.
2. Hold one end of the band/tubing in each hand as shown with your arms straight out in front of you.
3. Spread your arms apart, pulling straight backward, keeping them parallel to the floor.
4. Hold this position for _____ seconds and then **slowly** return to the starting position.
5. Repeat exercise _____ times, _____ times per day.

STRENGTH • Shoulder, Extension Rotation/Rowing



1. Anchor/secure rubber band/tubing around a stable object such as a stair post or around the knob of a closed door.
2. Stand holding the rubber band/tubing in front of you with your arms extended as shown.
3. Squeeze/pinch your shoulder blades together and pull your arms back as shown, bending your elbows. Your fists should end at shoulder height and close to your body.
4. **Slowly** return to the starting position.
5. Repeat exercise _____ times.

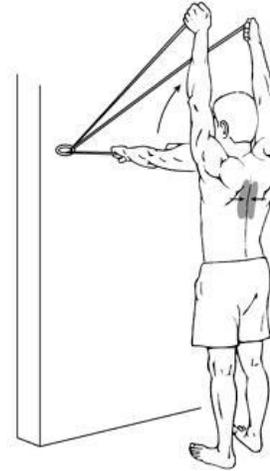
SHOULDER • Scapular Retraction and External Rotation

1. Hold one end of the band/tubing in each hand. Your elbows should be bent 90 degrees and at shoulder height.
2. Squeeze/pinch your shoulder blades together.
3. Keeping your shoulder blades pinched together, turn your arms up as if someone had said “Stick ’em up!” Your hands should be in the position shown when you finish. **Do not bring your elbows or your hands past the middle of your body.**
4. **slowly** return to the starting position.
5. Repeat exercise _____ times.

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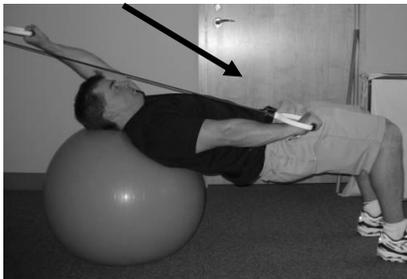
SHOULDER • Horizontal Adduction

1. Anchor the rubber band/ tubing to a solid object.
2. Hold one end of the band/tubing in each hand as shown with your elbows bent. Your elbows should be in line with your body, *not* behind your body.
3. Push your arms forward, straightening out your elbows. Keep your arms parallel to the floor.
4. *Slowly* return to the starting position.
5. Repeat exercise _____ times.



SHOULDER • Scapular Retraction and Elevation

1. Hold one end of the band/tubing in each hand. Your elbows should be bent 90 degrees and at shoulder height.
2. Squeeze your shoulder blades together.
3. Keeping both arms straight, raise them both up overhead.
4. Lead with your thumbs so that they are in a “thumbs up” position.
5. *Slowly* return to the starting position.
6. Repeat exercise _____ times.



SHOULDER • Shoulder Extension PB Supine Bridge

1. Shut resistive band in door.
2. Lie on ball in bridge position.
3. Raise hands overhead.
4. Place piece of band in each hand.
5. Alternate lowering one hand to side of body
6. Repeat exercise _____ times, _____ times per day.



SHOULDER • Shoulder Flexion PB Supine Bridge

1. Shut resistive band in door.
2. Lie on ball in bridge position.
3. Place piece of band in each hand.
4. Alternate raising hands overhead.
5. Repeat exercise _____ times, _____ times per day.

Date:
Patient Name:

SHOULDER • Protraction / Retraction

262 PB

1. Wrap resistive band around hands.
2. Loop band behind back.
3. Bend elbows and push hands forward.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.

SHOULDER • Shoulder Horizontal Abduction

264 PB

1. Wrap resistive band around hands.
2. Begin with left hand on right shoulder.
3. Pull left arm across body.
4. Keep shoulder blades down and back.
5. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.

SHOULDER • Flexion

1. Anchor tubing to a solid object.
2. Hold tubing in your hand, and stand with your back to the wall.
3. Start with your arm at your side.
4. Pull tubing forward through pain free range.
5. *Slowly* return to the starting position.
6. Repeat exercise _____ times, _____ times per day.



SHOULDER • Adduction

1. Anchor tubing to a solid object.
2. Hold tubing in your hand, and stand sideways from the tubing.
3. Step away from the anchor point, so that you start with your arm out from your side.
4. Pull tubing toward your side. Do not twist or rotate trunk.
5. *Slowly* return to the starting position.
6. Repeat exercise _____ times, _____ times per day.

Date:
Patient Name:



SHOULDER • Rows

1. Anchor/secure rubber band/tubing around a stable object such as a stair post or around the knob of a closed door.
2. Stand holding the rubber band/tubing in front of you with your arms extended as shown.
3. Squeeze/pinch your shoulder blades together and pull your arms back ***Do not pull arms past the midline of your body.***
4. Repeat exercise _____ times, _____ times per day.