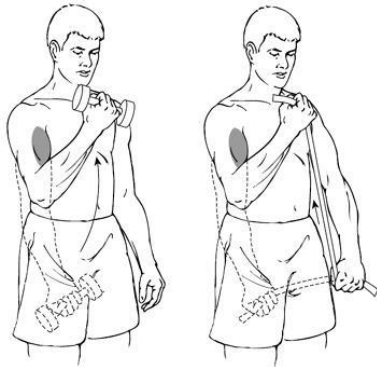


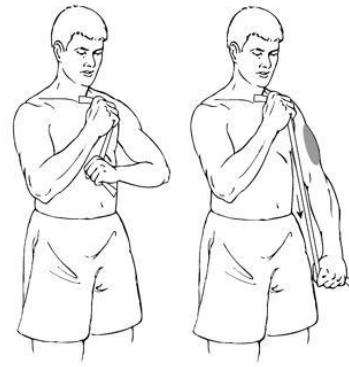
Date:
Patient Name:

**STRENGTH • Elbow Flexion
Biceps**



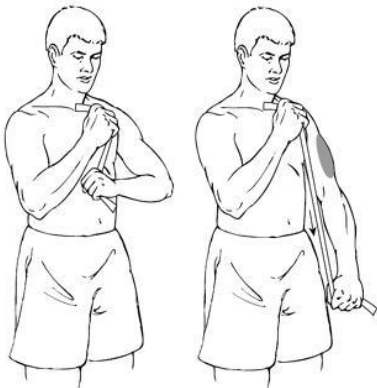
1. Stand with your arm straight and your **palm** facing forward.
2. Bend the elbow as shown using a ____ pound weight or rubber band/tubing as shown.
3. Hold this position for ____ seconds and then **slowly** return to the starting position.
4. Repeat exercise ____ times, ____ times per day.

**STRENGTH • Elbow Flexion
Biceps**



1. Stand with your arm straight and your **thumb** facing forward.
2. Bend the elbow as shown using a ____ pound weight or rubber band/tubing as shown.
3. Hold this position for ____ seconds and then **slowly** return to the starting position.
4. Repeat exercise ____ times, ____ times per day.

**STRENGTH • Elbow Extension,
Triceps**



1. Hold the rubber band/tubing with your ____ hand on the bottom as shown.
2. Straighten out your elbow, stretching the rubber band/tubing for resistance.
3. Hold this position for ____ seconds and then **slowly** return to the starting position.
4. Repeat exercise ____ times, ____ times per day.

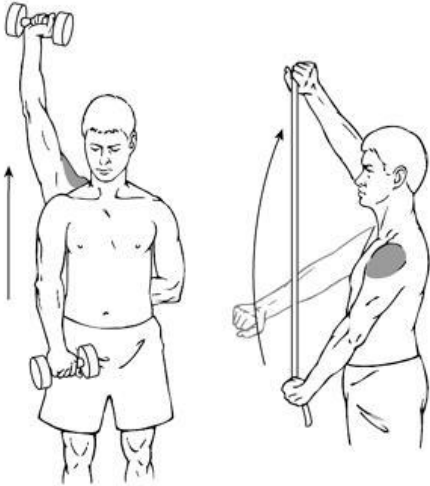
**STRENGTH • Elbow Extension,
Triceps**



1. Lie on your back with your ____ elbow bent and pointing directly at the ceiling as shown. (You may also do this exercise standing with the arm pointed overhead.)
2. Hold a ____ pound weight in your hand.
3. Straighten the elbow.
4. Hold this position for ____ seconds and then **slowly** return to the starting position.
5. Repeat exercise ____ times, ____ times per day.

Date:
Patient Name:

STRENGTH • Shoulder Flexion



1. Stand holding a _____ weight in your _____ hand as shown, or hold the rubber band/tubing as shown.
2. Slowly raise your arm overhead as far as you can in your *pain free* range of motion. Do not allow your shoulder to “shrug up” while doing this exercise.
3. Keep your hand in a “thumbs-up” position.
4. Hold this position for _____ seconds and then *slowly* return to the starting position.
5. Repeat exercise _____ times, _____ times per day.

SHOULDER • Horizontal Abduction

1. Lie on your stomach with your _____ arm over the edge of the bed as shown, holding a _____ pound weight in your hand.
2. Raise the arm up slowly so that it is level with the edge of the bed. Keep your elbow straight.
3. Hold this position for _____ seconds and then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.

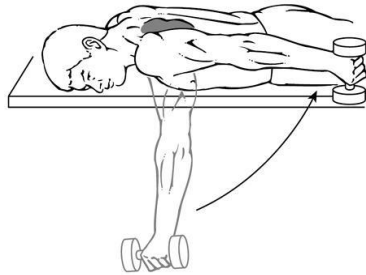
SHOULDER • Horizontal Adduction

1. Lie on your back with your _____ arm on the bed as shown, holding a _____ pound weight in your hand.
2. Raise your arm up slowly toward the ceiling, straightening out your elbow.
3. Hold this position for _____ seconds and then *slowly* return to the starting position.
4. Repeat exercise _____ times, _____ times per day.

SHOULDER • Scapular Retraction and External Rotation

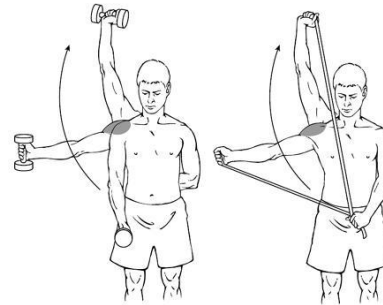
1. Lie on your stomach with your arm out to the side and over the edge of the bed as shown. The elbow should be bent to 90 degrees and the upper arm should be supported by the bed. Hold a pound weight in your hand.
2. Turn/rotate your arm up toward the ceiling while keeping the elbow bent.
3. Squeeze/“pinch” your shoulder blades together.
4. *slowly* return to the starting position.

Date:
Patient Name:



STRENGTH • Shoulder Extension

1. Lie on your stomach with your ____ arm off the edge of the bed.
2. Holding a pound weight in your hand, slowly raise the arm up and backward toward the ceiling.
3. Hold this position for ____ seconds and then *slowly* return to the starting position.
4. Repeat exercise ____ times, ____ times per day.



STRENGTH • Shoulder Abduction

1. Stand holding a weight in your hand and your palm facing your body as shown, or hold the rubber band/tubing as shown.
2. Slowly raise the arm up to the side and as far overhead as you can in your *pain free* range. If you are cleared to go above shoulder height, as you raise the arm to shoulder height begin to turn the palm toward the ceiling.
3. *slowly* return to the starting position.
4. Repeat exercise ____ times.