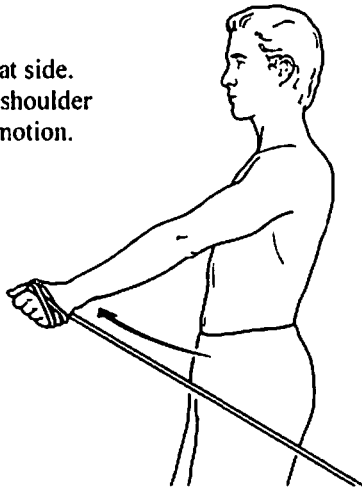


SHOULDER - 41 Strengthening: Resisted Flexion

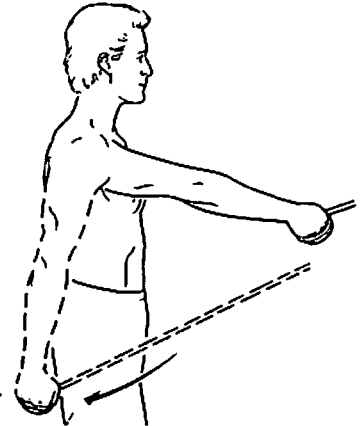
Hold tubing with **right** arm at side.
Pull forward and up. Move shoulder
through pain-free range of motion.



Repeat 10
times per set.
Do 2-3 sets per session.
Do _____ sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

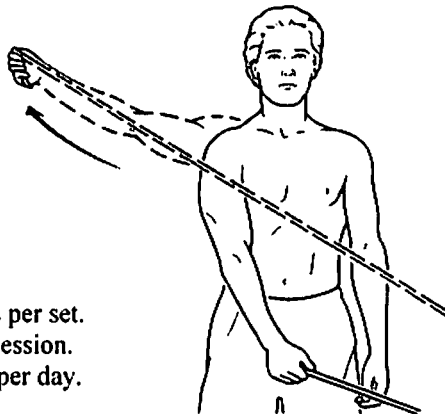
Hold tubing in **right** hand,
arm forward. Pull arm
back, elbow straight.



Repeat 10 times per set.
Do 2-3 sets per session.
Do _____ sessions per day.

SHOULDER - 42 Strengthening: Resisted Abduction

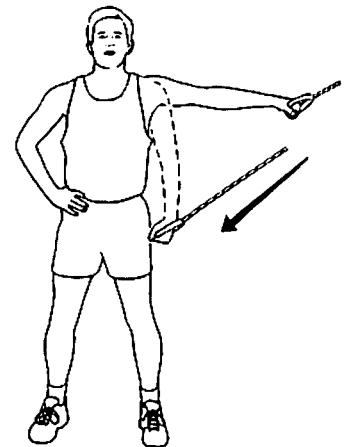
Hold tubing with **right** arm
across body. Pull up and
away from side.
Move through
pain-free range of motion.



Repeat 10 times per set.
Do 2-3 sets per session.
Do _____ sessions per day.

SHOULDER / UPPER BACK - 7 Adduction: Single Arm

Side toward anchor in
shoulder width stance.
Palm down, pull arm down
to thigh.

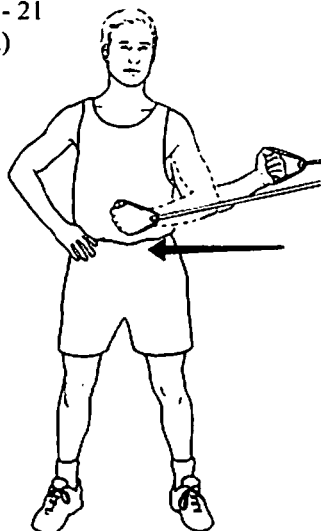


Repeat 10 times per set.
Repeat with other arm.
Do 2-3 sets per session.
Do _____ sessions per week.

Anchor Height:
Over Head

SHOULDER / UPPER BACK - 21
Rotation: Internal (Single Arm)

Side toward anchor in
shoulder width stance with
elbow bent to 90°, forearm
away from body. Thumb
up, pull arm across body
keeping elbow bent.

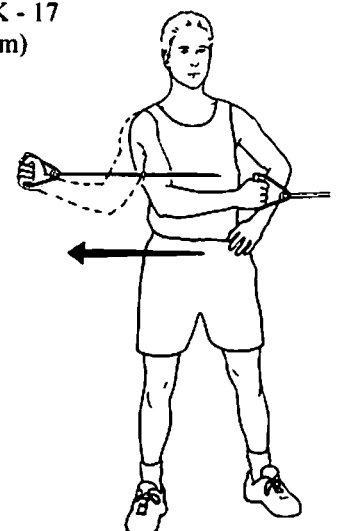


Repeat 10 times per set.
Repeat with other arm.
Do 2-3 sets per session.
Do _____ sessions per week.

Anchor Height: Waist

SHOULDER / UPPER BACK - 17
Rotation: External (Single Arm)

Side toward anchor in
shoulder width stance
with elbow bent to 90°,
arm across mid-section.
Thumb up, pull arm
away from body,
keeping elbow bent.



Repeat 10 times per set.
Repeat with other arm.
Do 2-3 sets per session.
Do _____ sessions per week.

Anchor Height: Waist