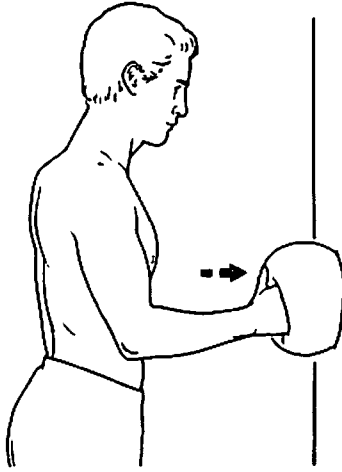


SHOULDER - 29 Strengthening: Isometric Flexion

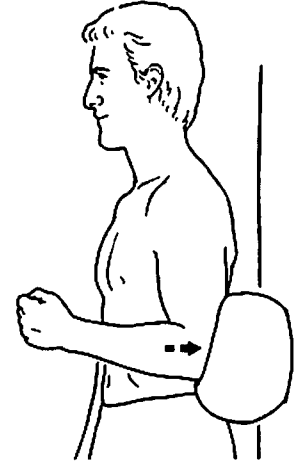
Using wall for resistance, press left fist into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 31 Strengthening: Isometric Extension

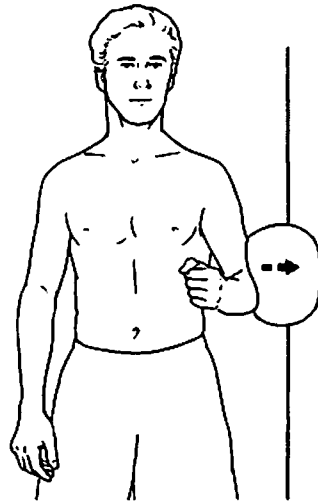
Using wall for resistance, press back of left arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 32 Strengthening: Isometric Abduction

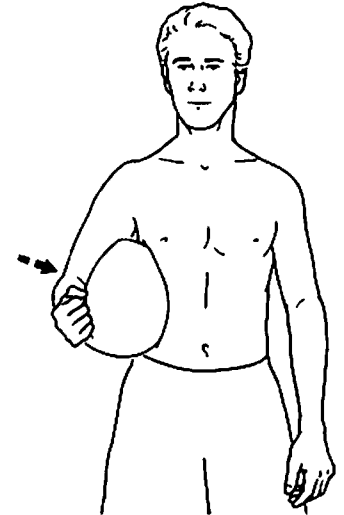
Using wall for resistance, press left arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 34 Strengthening: Isometric Adduction

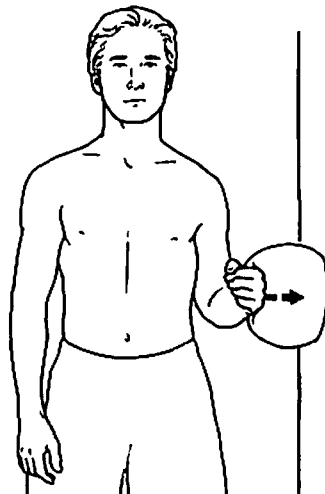
Using body for resistance, gently press left arm into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 36 Strengthening:  
Isometric External Rotation

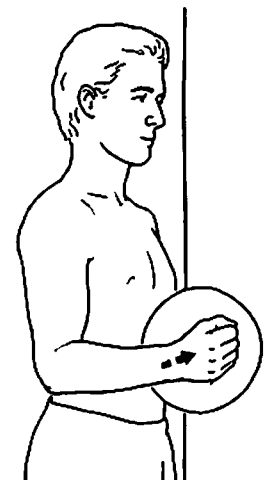
Using wall to provide resistance, and keeping left arm at side, press back of hand into ball using light pressure. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 37 Strengthening:  
Isometric Internal Rotation

Using door frame for resistance, press palm of left hand into ball using light pressure. Keep elbow in at side. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.