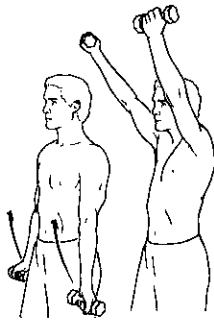


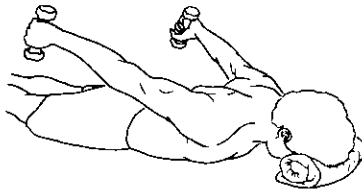
SHOULDER - 64 Progressive Resisted: Flexion (Standing)

Holding ____ pound weights, raise arms toward ceiling. Keep elbows straight.



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

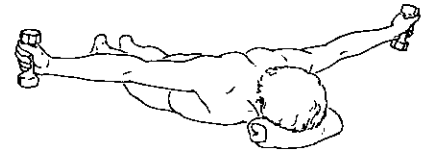
SHOULDER - 65 Progressive Resisted: Extension (Prone)



Holding ____ pound weights, arms back, raise arms from floor, keeping elbows straight.

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

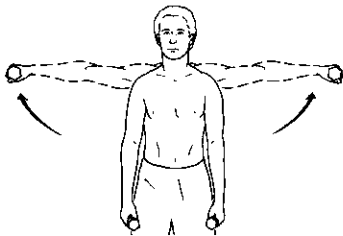
SHOULDER - 58 Scapular: Stabilization (Prone)



Holding ____ pound weights, raise both arms out from sides. Keep elbows straight.

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

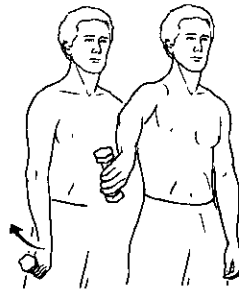
SHOULDER - 67 Progressive Resisted: Abduction (Standing)



Holding ____ pound weights, raise arms out from sides. Repeat 10 times per set. Do 3 sets per session. Do 2 sessions per day.

SHOULDER - 74 Supraspinatus Strengthening

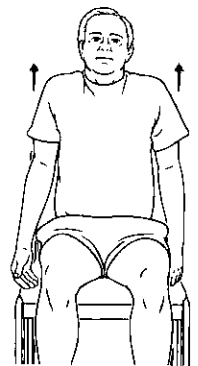
Holding ____ pound weight, raise right arm diagonally from hip to just below shoulder level. Keep elbow straight, thumb down.



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

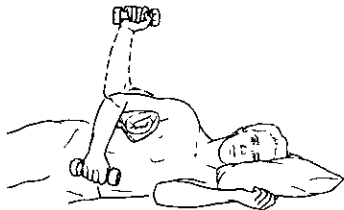
SHOULDER - 1 Warm-Up Shrug

Raise shoulders in an exaggerated manner, then drop them down.



Repeat 30 times. Do 2 sessions per day.

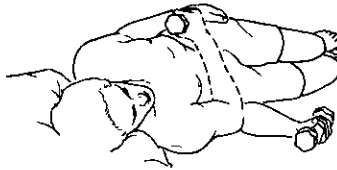
SHOULDER - 68 Progressive Resisted: External Rotation (Side-Lying)



Holding ____ pound weight, towel under arm, raise right forearm toward ceiling. Keep elbow bent and at side.

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

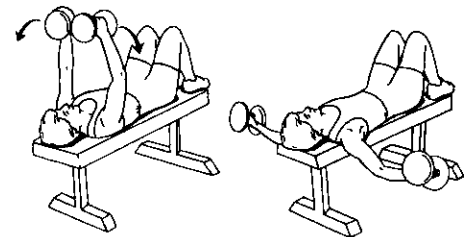
SHOULDER - 69 Progressive Resisted: Internal Rotation (Side-Lying)



Holding ____ pound weight, raise right forearm toward body, keeping elbow at side.

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

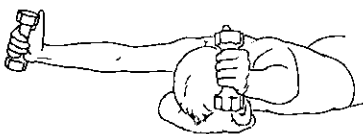
CHEST - 12 Fly (Dumbbell)



Lower arms until parallel with floor, elbows slightly bent, palms up.

Do 20 sets. Complete 1 repetitions.

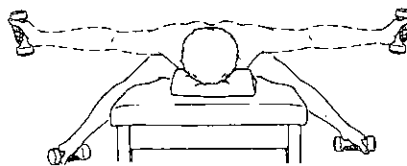
SHOULDER - 59 Scapular: Flexion (Prone)



Holding ____ pound weights, raise both arms forward. Keep elbows straight.

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

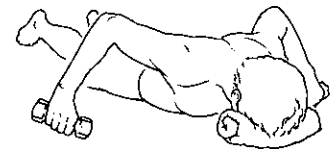
SHOULDER - 76 Strengthening: Horizontal Abduction - with External Rotation (Prone)



Holding ____ pound weights, raise arms out from sides, pinching shoulder blades. Keep elbows straight, thumbs up.

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

SHOULDER - 60 Scapular: Retraction (Prone)



Holding ____ pound weights, keep arms out from sides and elbows bent. Pull elbows back, pinching shoulder blades together.

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