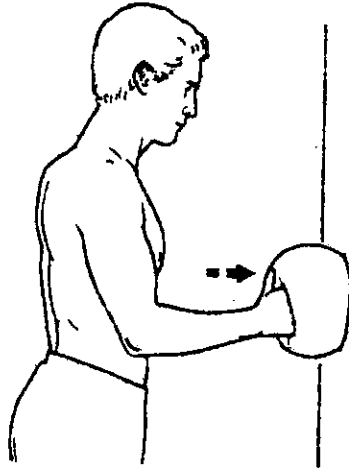


SHOULDER - 29 Strengthening: Isometric Flexion

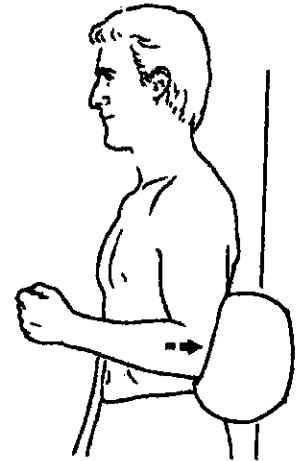
Using wall for resistance, press **right** fist into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 31 Strengthening: Isometric Extension

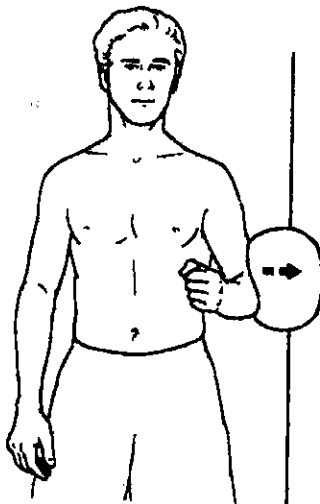
Using wall for resistance, press **back of right** arm into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 32 Strengthening: Isometric Abduction

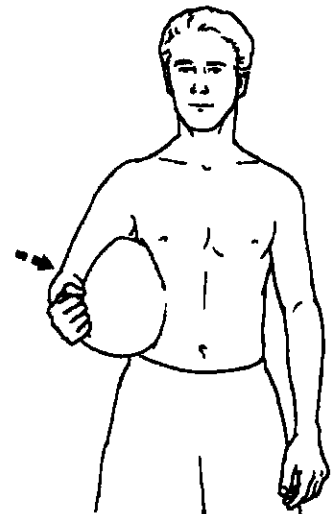
Using wall for resistance, press **right** arm into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 34 Strengthening: Isometric Adduction

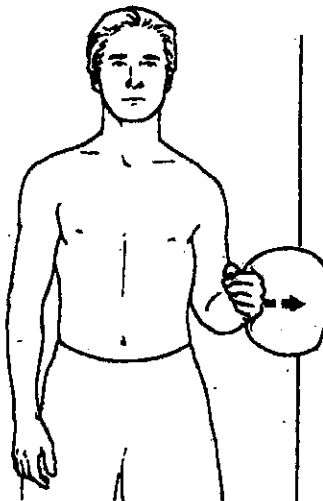
Using body for resistance, gently press **right** arm into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 36 Strengthening:
Isometric External Rotation

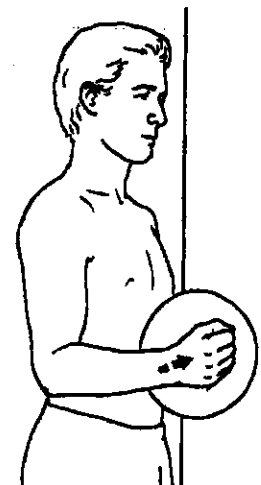
Using wall to provide resistance, and keeping **right** arm at side, press back of **hand** into ball using light pressure. Hold 5 seconds.



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

SHOULDER - 37 Strengthening:
Isometric Internal Rotation

Using door frame for resistance, press **palm of right** hand into ball using light pressure. Keep **elbow** in at side. Hold 5 seconds.



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