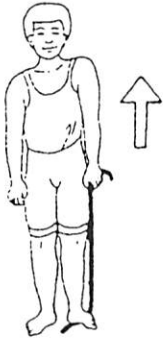


Shoulder Shrugs / Elevation (tubing)

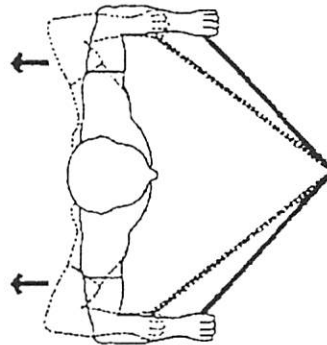
With one end of tubing secured under foot and other end in hand as shown, shrug shoulder.



Repeat ___ repetition(s) per set.
Do ___ set(s) per session.
Do ___ session(s) per day.

Rowing

Grasp theraband as shown. Pull backward bringing your shoulder blades together. Repeat

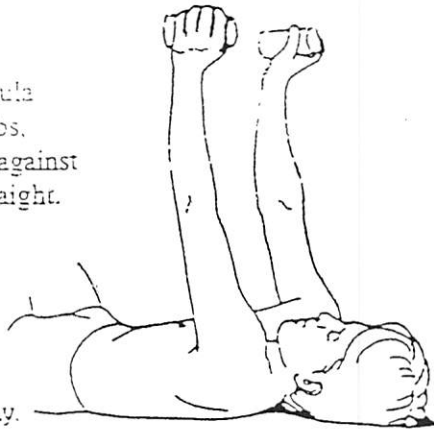


Repeat ___ repetition(s) per set.
Do ___ set(s) per session.
Do ___ session(s) per day.

SHOULDER - 57

Scapular Exercises
Protraction in 90 degrees of flexion

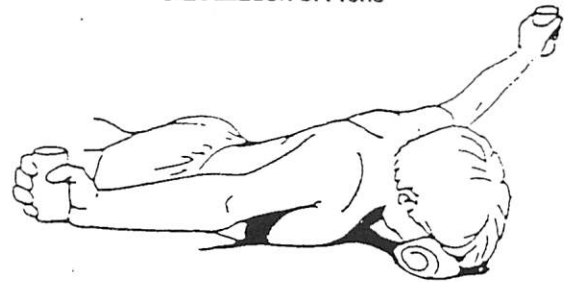
Attempt to pull scapula off floor with ___ lbs. while keeping back against floor and elbows straight.



Hold ___ seconds.
Repeat ___ times.
Do ___ sessions per day.

SHOULDER - 58

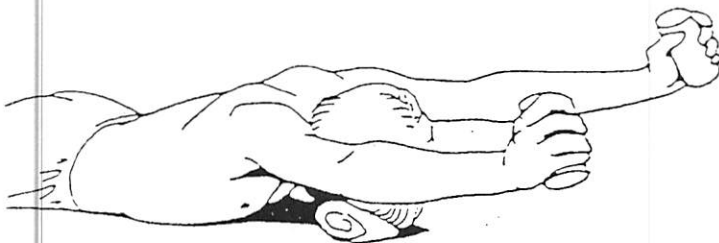
Scapular Exercises
Stabilization in Prone



Raise both arms off of floor with ___ lbs. Keep elbows straight.
Hold ___ seconds. Repeat ___ times.
Do ___ sessions per day.

SHOULDER 59

Scapular Exercises
Flexion in Prone



Raise arms from floor with ___ lbs.
Hold ___ seconds. Repeat ___ times.

SHOULDER - 60

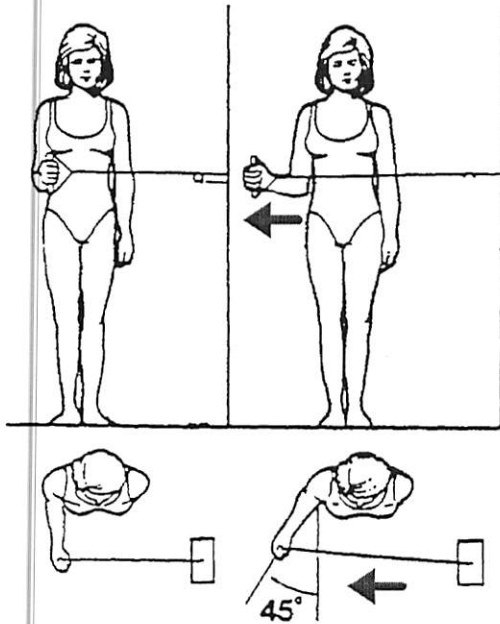
Scapular Exercises
Prone Retraction



Keep arms out from sides and elbows bent as you pinch shoulder blades together.
Hold ___ seconds. Repeat ___ times.

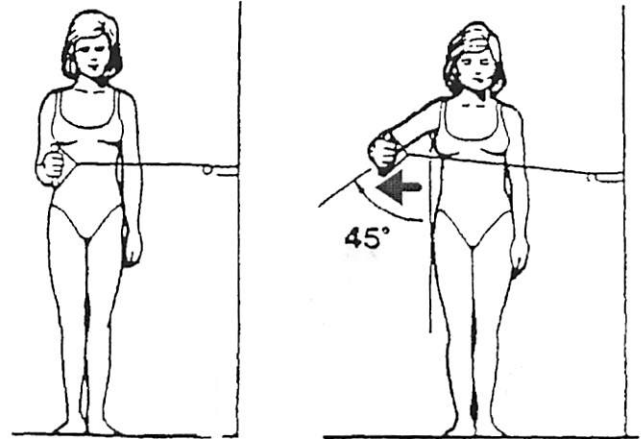
Strengthening Exercises

EXERCISE 1

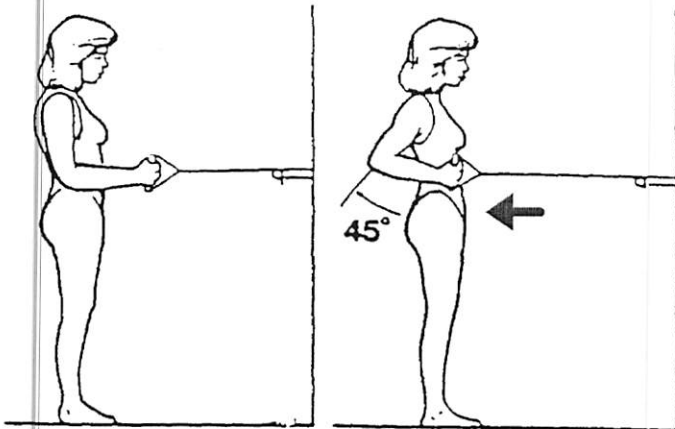


Start with 1 set of 15 reps advance to 3 sets of 15 reps.
Hold each rep for 3 counts. Do exercises every other day.

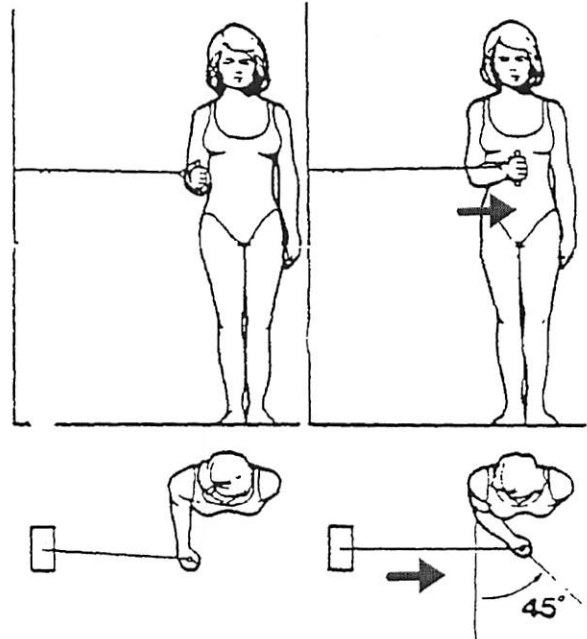
EXERCISE 2



EXERCISE 3



EXERCISE 4



EXERCISE 5

