




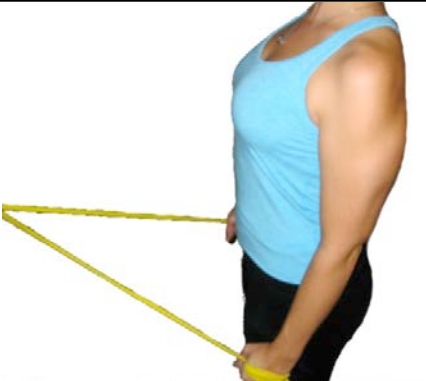




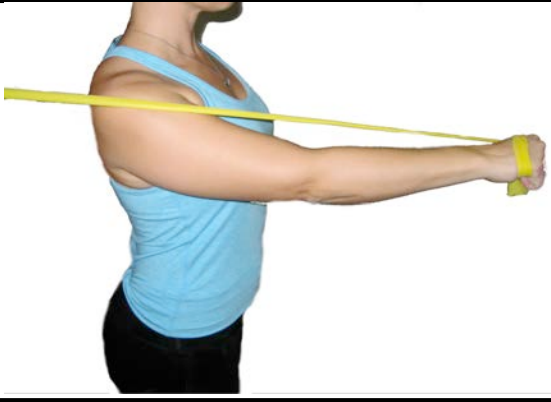
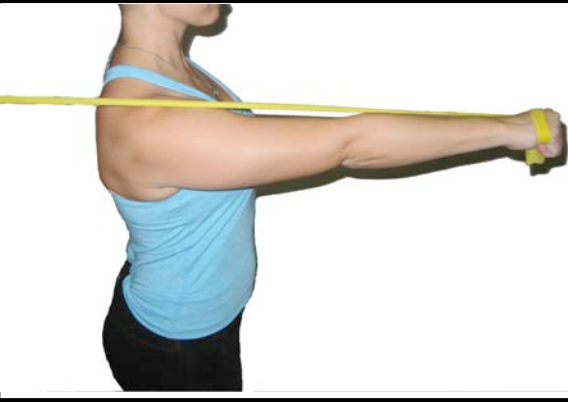


Shoulder Strengthening [Phase 1]

___ sets, ___ repetitions, ___ time(s) daily

	
<p>1. Resisted shoulder external rotation (neutral): Begin with hand in front of stomach.</p>	<p>Pull hand away from abdomen, then slowly release. If more comfortable, use towel in armpit.</p>
	
<p>2. Resisted shoulder internal rotation (neutral): Begin with forearm out at side and elbow against body.</p>	<p>Pull towards abdomen, then slowly release.</p>
	
<p>3. Resisted shoulder extension: Begin with arms forward.</p>	<p>Pull band back toward you, stopping at sides.</p>

Shoulder Strengthening [Phase 1], continued

____ sets, ____ repetitions, ____ time(s) daily

	
<p>4. Resisted scapular retraction: Grasp band with both hands, elbows bent.</p>	<p>Pinch shoulder blades together to stretch the band, then slowly release.</p>
	
<p>5. Resisted scapular protraction: Grasp band with arm flexed parallel to floor.</p>	<p>Punch arm forward and straight.</p>
	
<p>6. Active elevation with upper trapezius relaxation:</p>	<p>Lift arm upwards, while keeping shoulder relaxed. Use a mirror or other hand to avoid shrugging.</p>