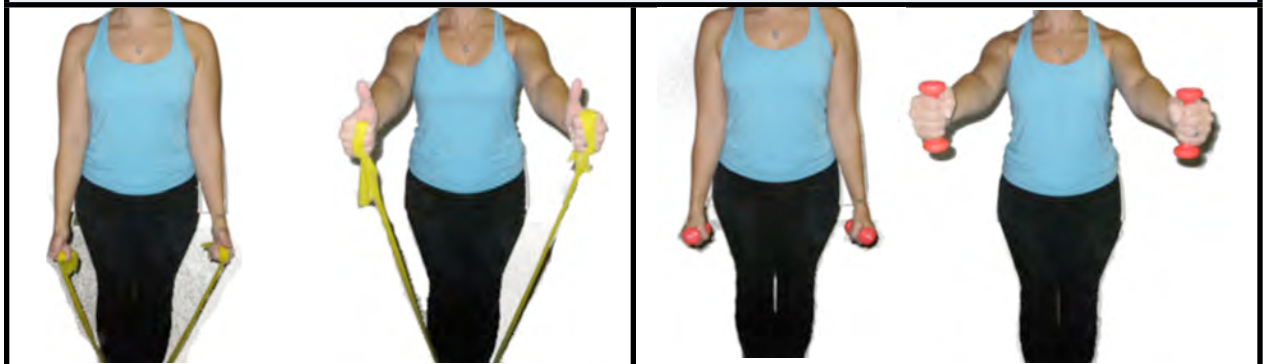


# Shoulder Strengthening [Phase 2]

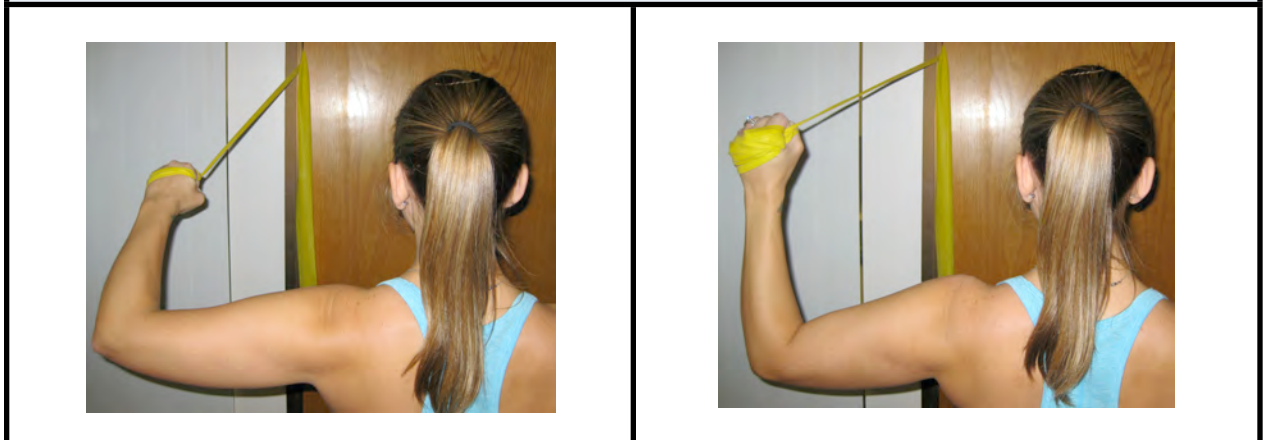
Hold \_\_\_\_ seconds, \_\_\_\_ repetitions, \_\_\_\_ time(s) daily



1. Shoulder abduction “scaption”: Stand on band or hold weights, thumb pointing up. Lift to shoulder level, staying in a plane of movement midway between front and side, then slowly lower.



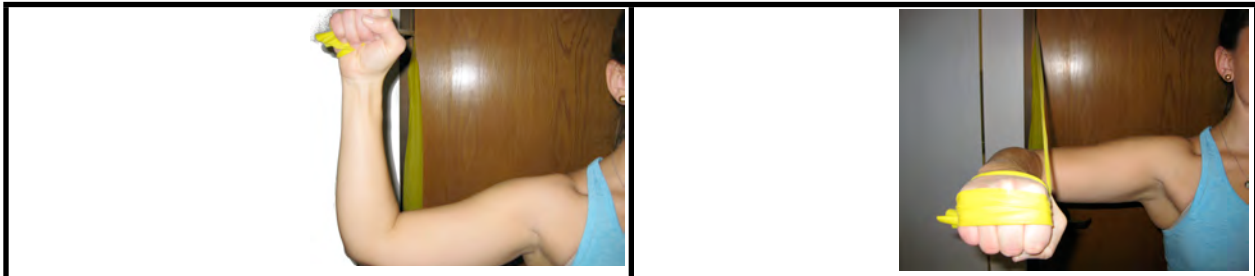
2. Shoulder flexion: Stand on band or hold weights, thumb pointing up. Lift forward to shoulder level, and slowly release.



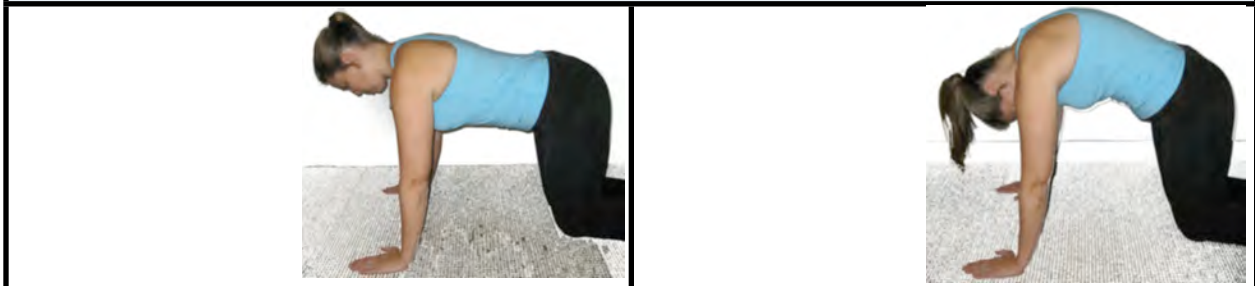
3. Shoulder external rotation with abduction: Stand facing doorway with arm at or below shoulder level and bent 90 degrees. Pull band away from the door, keeping your elbow bent. Slowly release.

# Shoulder Strengthening [Phase 2 cont'd]

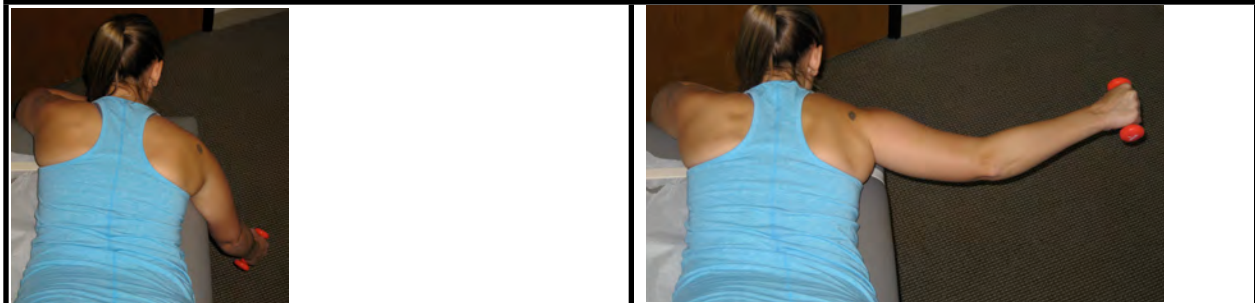
Hold \_\_\_\_ seconds, \_\_\_\_ repetitions, \_\_\_\_ time(s) daily



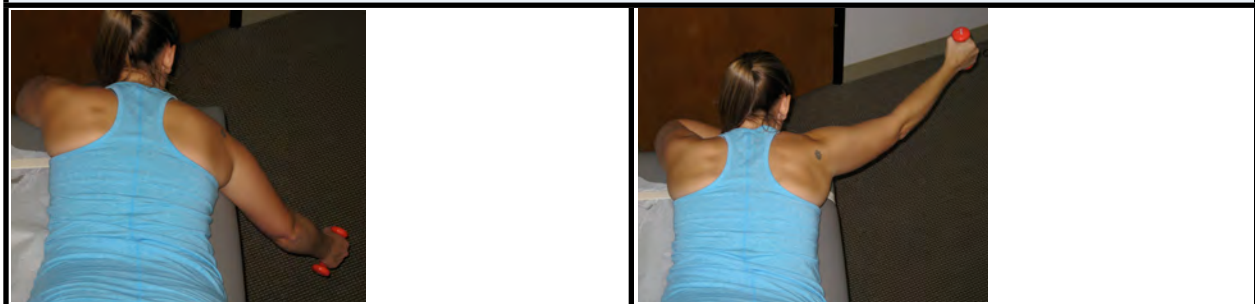
4. Shoulder internal rotation with abduction: Stand facing away from doorway, with arm at or below shoulder level and elbow bent at 9 degrees. Grasp band and pull palms down toward the floor. Slowly release.



5. Quadrupled push-up plus "camel": Begin on hands and knees with arms shoulder width apart. Push downward, rounding upper back. Slowly release.



6. Prone shoulder horizontal abduction with scapular retraction "T": with thumb turned up, lift arm towards ceiling, while squeezing shoulder blades together. Slowly lower.



7. Prone scapular retraction and shoulder elevation "T": with thumb turned up, lift arm diagonally above shoulder towards the ceiling, while squeezing the shoulder blades together. Slowly lower.