

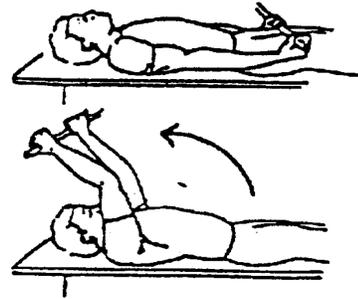
FUNDAMENTAL SHOULDER EXERCISES

RANGE OF MOTION EXERCISES

1. L-BAR FLEXION

Lie on back and grip L-Bar between index finger and thumb, elbows straight. Raise both arms overhead as far as possible keeping thumbs up.

Hold for _____ seconds and repeat _____ times.

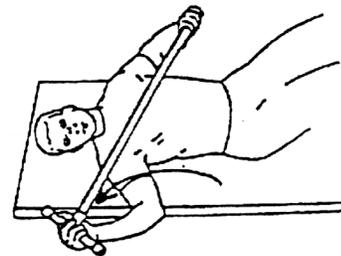


2. L-BAR EXTERNAL ROTATION, SCAPULAR PLANE

Lie on back with involved arm 45° from body and elbow bent at 90°. Grip L-Bar in the hand of involved arm and keep elbow in flexed position. Using unininvolved arm, push involved arm into external rotation.

Hold for _____ seconds, return to starting position.

Repeat _____ times.

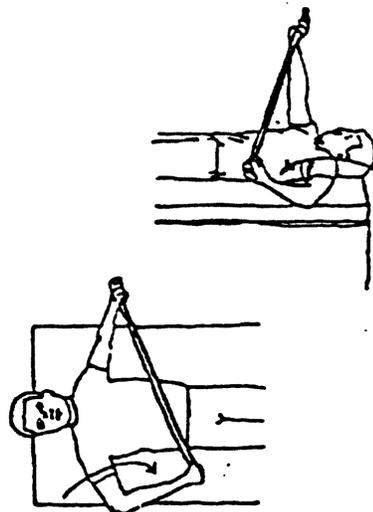


3. L-BAR INTERNAL ROTATION, SCAPULAR PLANE

Lie on back with involved arm 45° from body and elbow bent at 90°. Grip L-Bar in the hand of involved arm and keep elbow in flexed position. Using the unininvolved arm, push involved arm into internal rotation.

Hold for _____ seconds, return to starting position.

Repeat _____ times.

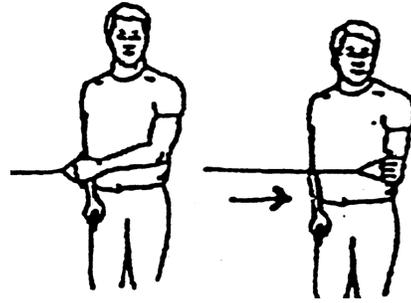


STRENGTHENING EXERCISES

1. TUBING, EXTERNAL ROTATION

Standing with involved elbow fixed at side, elbow bent to 90° and involved arm across the front of the body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled.

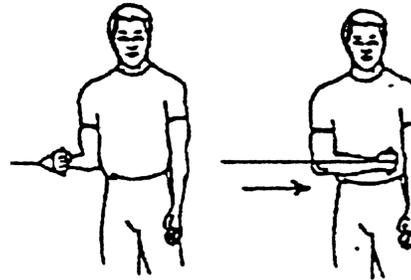
Perform ____ sets of ____ reps.



2. TUBING, INTERNAL ROTATION

Standing with elbow at side fixed at 90° and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled.

Perform ____ sets of ____ reps.

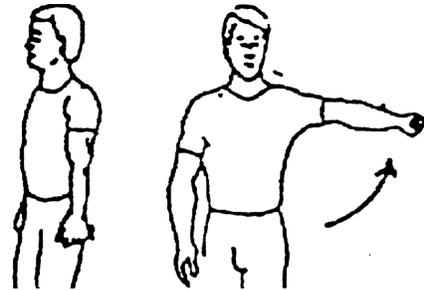


3. LATERAL RAISES TO 90°

Standing with arm at side, elbow straight, and palm against side. Raise arm to side, rotating palm up as arm reaches 90°. Do not go above shoulder height.

Hold for ____ seconds and lower slowly.

Perform ____ sets of ____ reps.

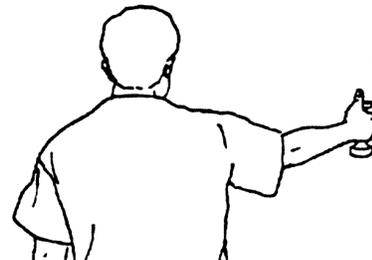


4. "FULL CAN"

Stand with elbow extended and thumb up. Raise arm to shoulder level at 30° angle in front of body. Do not go above shoulder level.

Hold for ____ seconds and lower slowly.

Perform ____ sets of ____ reps.

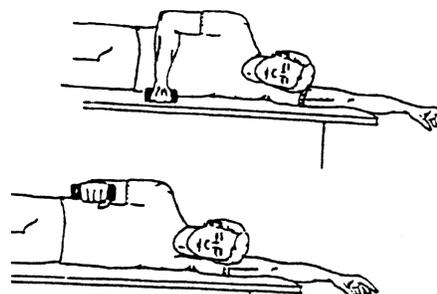


5. SIDE-LYING EXTERNAL ROTATION

Lie on uninvolved side, with involved arm at side of body and elbow bent to 90°. Keeping the elbow of involved arm fixed to side, raise arm.

Hold ____ seconds and lower slowly.

Perform ____ sets of ____ reps.

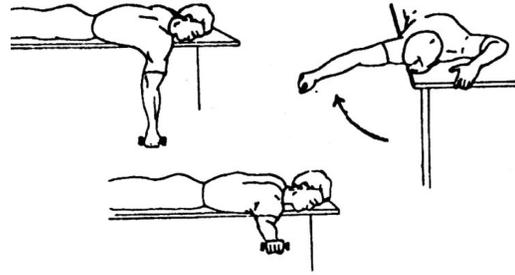


6. PRONE HORIZONTAL ABDUCTION

Lie on table, face down, with involved arm hanging straight to floor and palm facing down. Raise arm out to the side, parallel to the floor.

Hold _____ seconds and lower slowly.

Perform _____ sets of _____ reps.



7. PRONE ROWING

Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible.

Hold at the top for _____ seconds, then lower slowly.

Perform _____ sets of _____ reps.

