

3x15

* Heat Afterwards for 3 days *

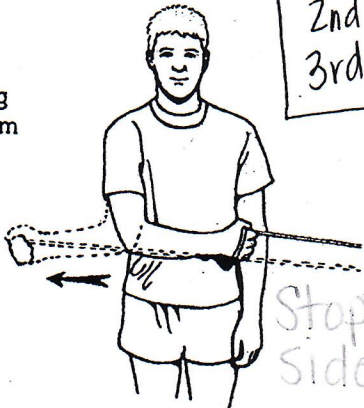
2 Aleve @
A.M + P.M

SHOULDER - 43 Strengthening Activities
Active Resistive External Rotation

1st - Red
2nd - Green
3rd - Blue

SHOULDER - 44 Strengthening Activities
Active Resistive Internal Rotation

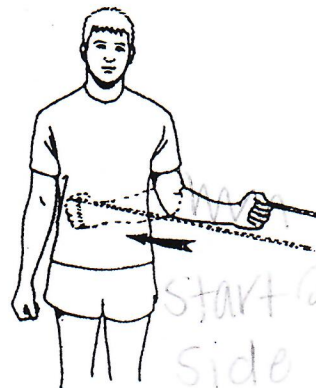
Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.



Repeat 10-30 times.
Do 2-3 sessions per day.

Stop @
Side

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.



Repeat 10-30 times.
Do 2-3 sessions per day.

Start @
Side

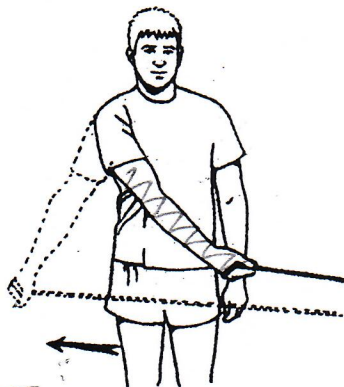
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SHOULDER - 42 Strengthening Activities
Active Resistive Abduction

SHOULDER - 46 Strengthening Activities
Active Resistive Adduction

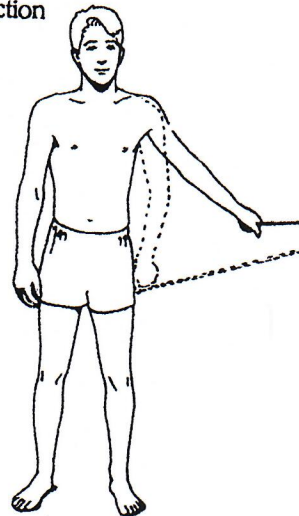
Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.



Repeat 10-30 times.
Do 2-3 sessions per day.

From Side

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.



Repeat 10-30 times.
Do 2-3 sessions per day.

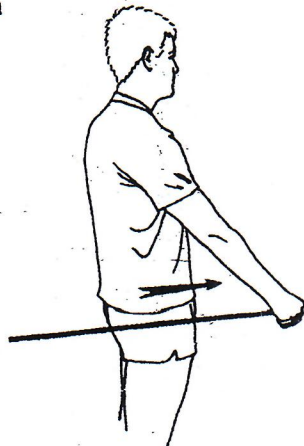
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SHOULDER - 41 Strengthening Activities
Active Resistive Flexion

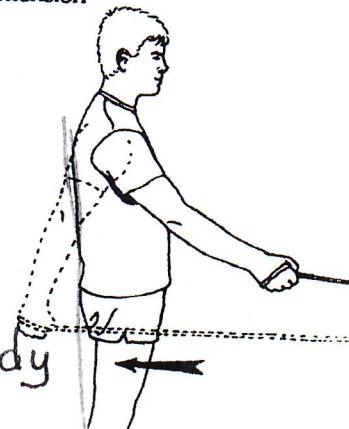
SHOULDER - 45 Strengthening Activities
Active Resistive Extension

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.



Repeat 10-30 times.
Do 2-3 sessions per day.

Using tubing, pull arm back. Be sure to keep elbow straight.



Repeat 10-30 times.
Do 2-3 sessions per day.

To Body