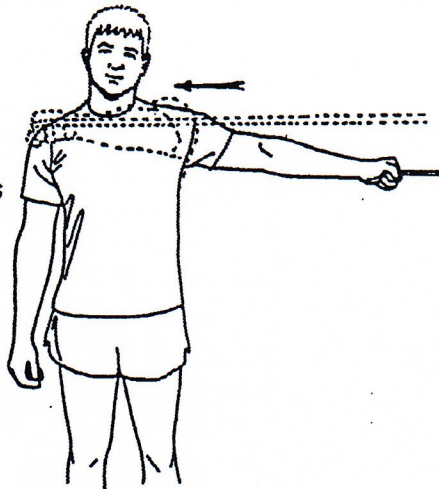


**SHOULDER - 48 Strengthening Activities**  
Active Resistive Horizontal Adduction

Using tubing, start with arm elevated, parallel to floor. Bend to 90 degrees and pull arm across body through pain free range of motion.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

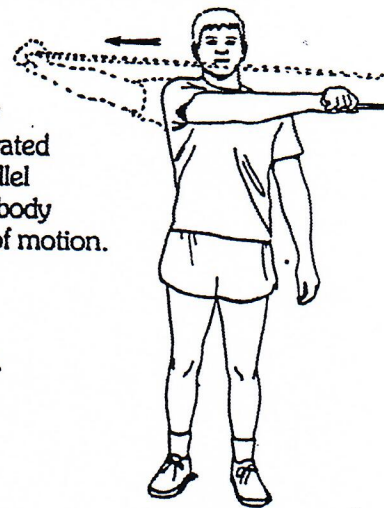


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**SHOULDER - 47 Strengthening Activities**  
Active Resistive Horizontal Abduction

Using tubing, keep elbow straight and shoulder elevated so that upper arm is parallel to floor. Pull arm across body through pain free range of motion.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

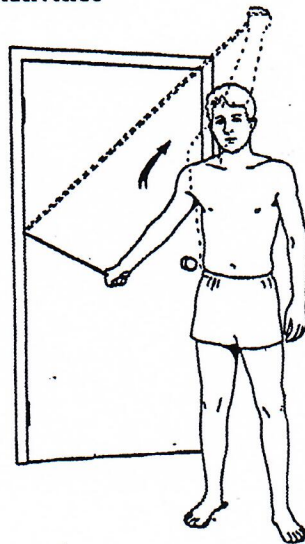


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**SHOULDER - 50 Strengthening Activities**  
Active Resistive Diagonal

Using tubing, start with arm out from side, palm down. Pull arm out in front of body and raise above head. Rotate arm while pulling up so palm faces backward.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

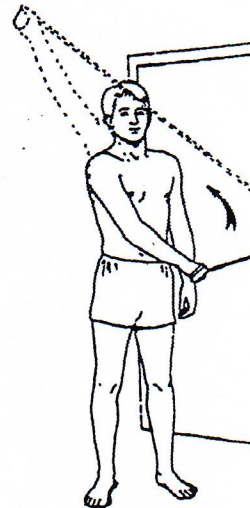


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**SHOULDER - 49 Strengthening Activities**  
Active Resistive Diagonal

Using tubing, start with arm across body, palm facing backward. Pull arm across body and raise above head, so palm faces forward.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



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**SHOULDER - 52 Strengthening Activities**  
Resisted Diagonal  
Shoulder Extension

Grasp tubing with arm above and behind you. Bring arm downward and across body. Return slowly to starting position.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

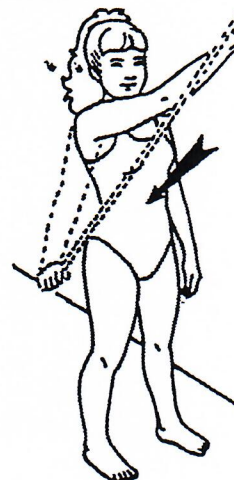


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**SHOULDER - 51 Strengthening Activities**  
Resisted Diagonal  
Shoulder Extension

Grasp tubing with arm reaching above shoulder and across body. Gently pull downward and away from your body. Return slowly to starting position.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



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