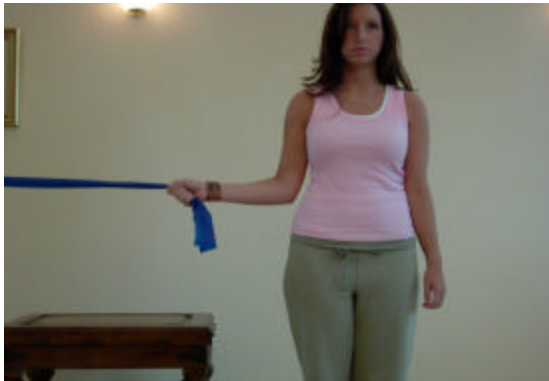


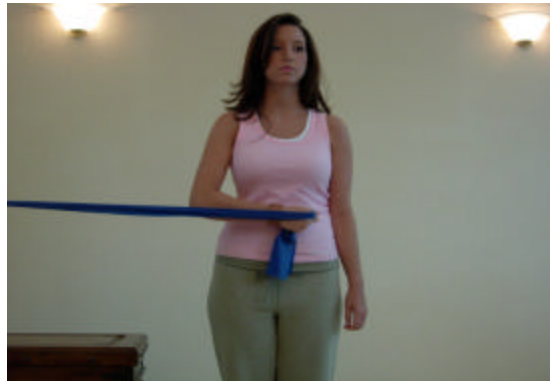
Shoulder Exercises

Active Resistive Internal Rotation



Using tubing and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor. Repeat 5 to 15 times. Do 1 to 3 sessions per day.

Active Resistive External Rotation



Using tubing and keeping elbow in at side rotate arm outward away from body. Be sure to keep forearm parallel to floor. Repeat 5 to 15 times. Do 1 to 3 sessions per day.

Active Resistive Diagonal



Using tubing, start with palm facing behind you. Pull arm out, up and across body rotating arm as you move so palm continues to face behind you. Repeat 5 to 15 times. Do 1 to 3 sessions per day.

Active Resistive Diagonal



Using tubing, start with arm out from side, palm down. Pull arm up, out and across body, rotating arm as you move so thumb continues to point back. Repeat 5 to 15 times. Do 1 to 3 sessions per day.

Shoulder Exercises

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 5 to 15 times. Do 1 to 3 sessions per day.

Resisted Diagonal Shoulder Extension



Grasp tubing with arm above and behind you. Bring arm downward and across body. Return slowly to starting position. Repeat 5 to 15 times. Do 1 to 3 sessions per day.