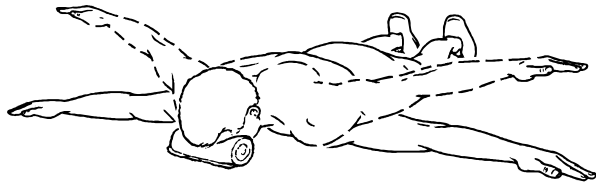


SHOULDER - 108 Scapular Retraction:
Abduction / Extension (Prone)



Lie with arms out from sides 90°. Pinch shoulder blades together and raise arms a few inches from floor.

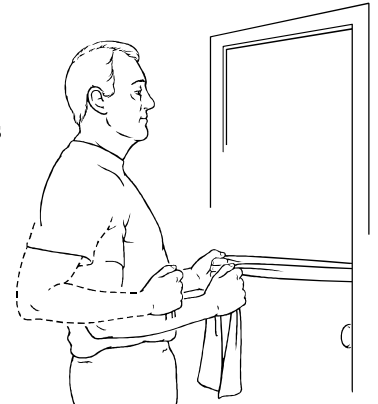
Repeat 15 times per set. Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 31 Resistive Band Rowing

With resistive band anchored in door, grasp both ends. Keeping elbows bent, pull back, squeezing shoulder blades together.

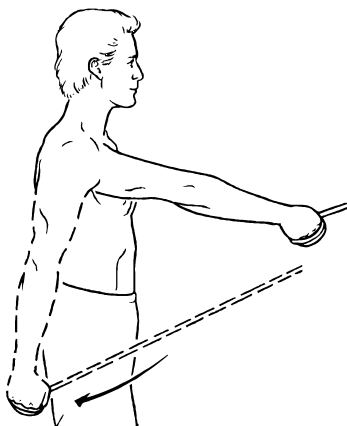
Hold 2 seconds.

Repeat 15 times.
Do 1 sessions per day.



SHOULDER - 45 Strengthening: Resisted Extension

Hold tubing in right hand, arm forward. Pull arm back, elbow straight.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

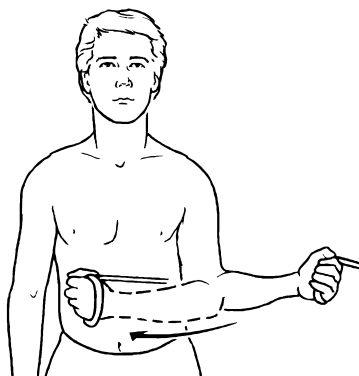
SPINAL MOBILIZATION - 16 Thoracic Self-Mobilization (Supine)

With rolled towel placed lengthwise along spine, lie back on towel with arms outstretched. Hold 30 seconds. Relax. Hands should rest on ground.



SHOULDER - 44 Strengthening: Resisted Internal Rotation

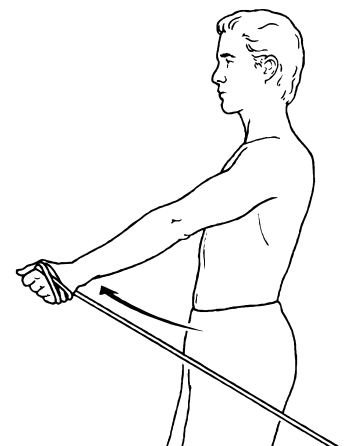
Hold tubing in left hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 41 Strengthening: Resisted Flexion

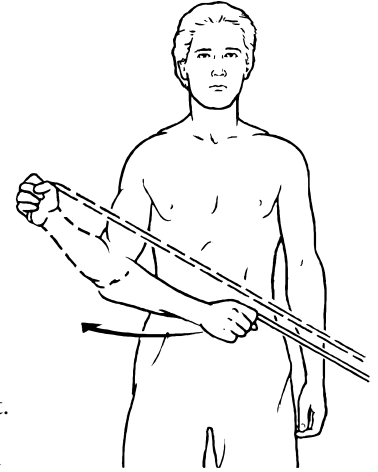
Hold tubing with left arm at side. Pull UP AND OUT AT A 45 DEGREE ANGLE TO WAIST LINE. Move shoulder through pain-free range of motion.



Repeat 12 times per set.
Do 2 sets per session.
Do 1 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

Hold tubing in right hand,
elbow at side and forearm
across body. Rotate
forearm out.



Repeat 15 times per set.
Do 2 sets per session.
Do 1 sessions per day.

Do not sleep or lay on your shoulder!

Be aware of your posture- gently keep shoulders back and down, especially if using a phone or computer.

IF ANY EXERCISES CAUSE YOU PAIN, STOP DOING THE EXERCISE.