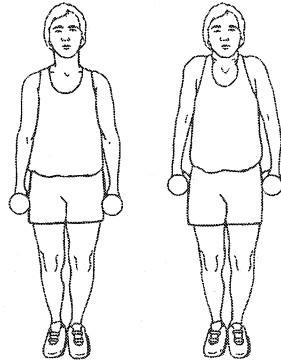




BACK: TRAPS - 7 Shrug (Dumbbell)

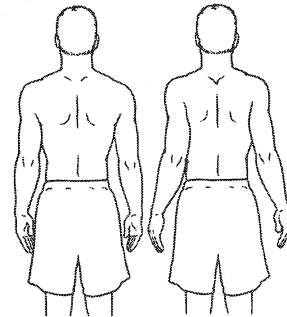
Knees slightly bent, raise shoulders as high as possible, keeping arms straight.



Do _____ sets.
Complete _____ repetitions.

SHOULDER - 101 Scapular Retraction (Standing)

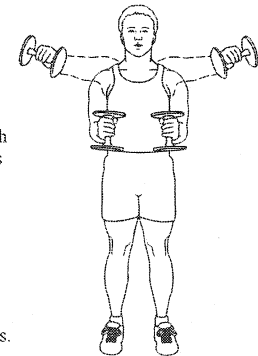
With arms at sides, pinch shoulder blades together.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

SHOULDERS - 14 Lateral Deltoid Raise: Standing (Dumbbell)

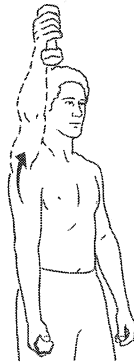
Knees slightly bent, hold elbows at 90° angle. Raise hands and elbows level with shoulders, rotating to palms down at beginning of motion. Lead with elbows.



Do _____ sets.
Complete _____ repetitions.

SHOULDER - 75 Strengthening: Scaption - with External Rotation

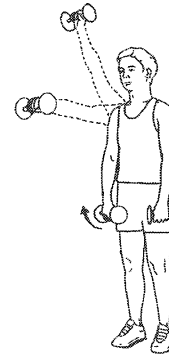
Holding _____ pound weight, raise right arm diagonally from hip to above head. Keep elbow straight, thumb up.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

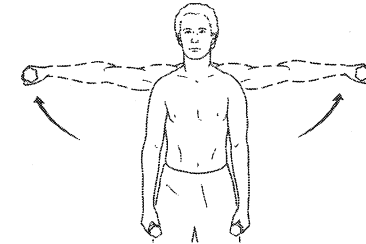
SHOULDERS - 11 Front Deltoid Raise: Single Arm (Dumbbell)

Knees slightly bent, raise dumbbell over head, keeping elbow locked. Alternate arms.



Do _____ sets.
Complete _____ repetitions.

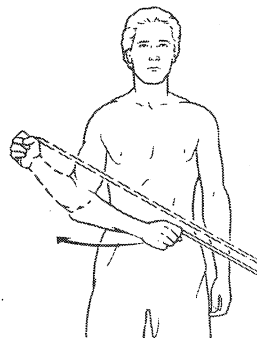
SHOULDER - 67 Progressive Resisted: Abduction (Standing)



Holding _____ pound weights, raise arms out from sides. Repeat _____ times per set. Do _____ sets per session. Do _____ sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

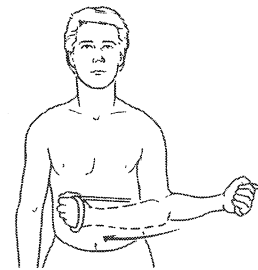
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

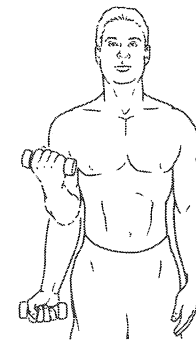
Hold tubing in right hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

HAND - 70 Wrist Elbow Flexion: Resisted - Palm Up

With right arm straight, palm forward, holding _____ pound weight, bend elbow. Return slowly.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



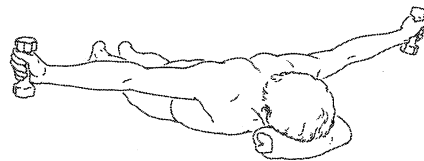
SHOULDER - 100 Scapular Retraction (Prone)

Lie with arms above head.
Pinch shoulder blades together.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

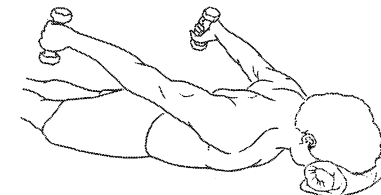
SHOULDER - 58 Scapular: Stabilization (Prone)



Holding _____ pound weights, raise both arms out from sides. Keep elbows straight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

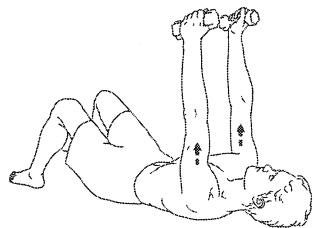
SHOULDER - 65 Progressive Resisted: Extension (Prone)



Holding _____ pound weights, arms back, raise arms from floor, keeping elbows straight.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

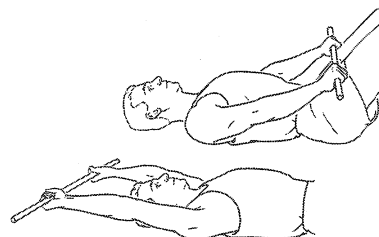
SHOULDER - 57 Scapular: Protraction - 90° of Flexion



Holding _____ pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

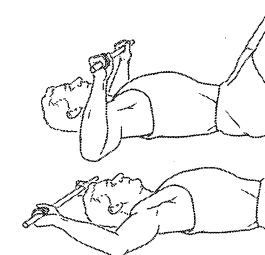
SHOULDER - 93 ROM: Flexion - Wand (Supine)



Lie on back holding wand. Raise arms over head.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

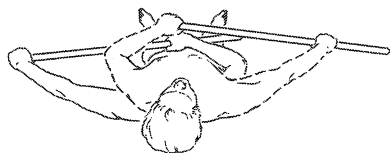
SHOULDER - 95 ROM: External Rotation - Wand (Supine)



Lie on back holding wand with elbows bent to 90°. Rotate forearms over head as far as possible.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 5
ROM: Horizontal Abduction / Adduction - Wand

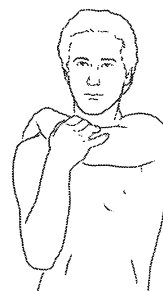


Keeping both palms down, push right hand across body with other hand. Then pull back across body, keeping arms parallel to floor. Do not allow trunk to twist.
Hold _____ seconds.

Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

Gently pull on right forward elbow with other hand until stretch is felt in shoulder.
Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.