

ISOMETRIC SHOULDER EXTERNAL ROTATION - BALL

Stand next to a wall with your arm by your side and elbow bent to approximately 90 degrees.

Place a ball between the back of your hand and the wall. Gently push your hand outward to the side against the ball and hold. Relax and repeat. Video # VVNC8P94Q

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day



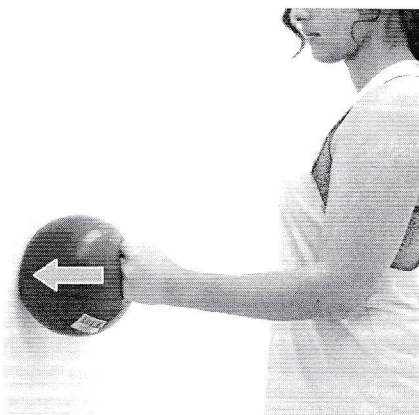
ISOMETRIC SHOULDER EXTENSION - BALL

Stand next to a wall with your arm by your side and elbow bent to approximately 90 degrees.

Place a ball between the back of your elbow and the wall. Gently push your elbow back against the ball and hold. Relax and repeat. Video # VVRXDTDF9

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day



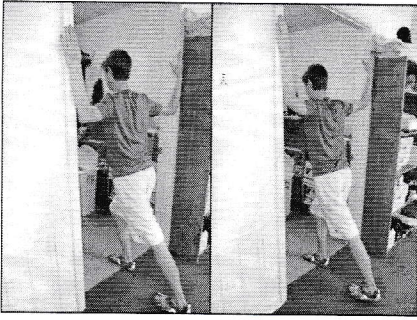
ISOMETRIC SHOULDER FLEXION - BALL

Stand facing a wall with your arm by your side and elbow bent to approximately 90 degrees.

Make a fist and place a ball between your fist and the wall. Gently push your fist into the ball and hold. Relax and repeat. Video # VVRWQ748D

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day

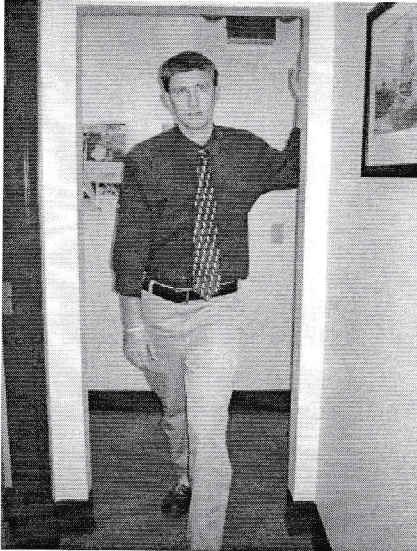


Doorway Pec Stretch

Place hands on either side of doorway as shown. Step one foot forward and gently lean chest forward to feel a mild-moderate sense of stretch across the chest.

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 3 Times a Day

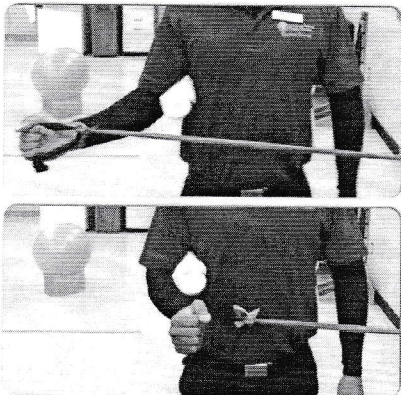


Unilateral Doorway Pec Stretch

Place one arm on doorframe at about shoulder level, then step forward with same leg until a stretch is felt

Repeat 1 Time
Complete 1 Set

Hold 30 Seconds
Perform 3 Times a Day



Shoulder External Rotation

Standing with your arm at 90 degrees by your side, using a towel to keep your arm at your side.

Grasp a theraband, pull your shoulder blades back, then proceed to rotate just the forearm out to the side and control the movement back to start.

Repeat.

Repeat 10 Times
Complete 3 Sets

Hold 3 Seconds
Perform 1 Times a Day



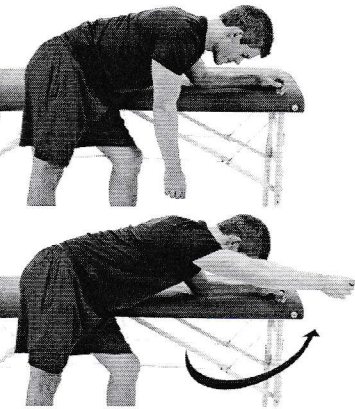
Circular Motion Shoulder Pendulum Exercise

start by resting your non-affected hand on a stable object for balance. Slightly bend forward so that your body is at a 90 degree angle, with your affected arm hanging in front of body towards the floor. Place foot of affected side one step forward compared to foot of non-affected side. While upper body is still bent at a 90 degree angle and affected arm is hanging freely in front of you, slowly start to shift your body weight in small circles going clockwise to allow your injured arm to swing in small circles freely. Your injured arm should be fully relaxed when doing this exercise, remembering not to move arm with shoulder muscles to create the circular movement. Once the circular/clockwise motion is completed, you can reverse the circular motion and complete this exercise going counterclockwise.

Repeat 20 Times

Complete 1 Set

Perform 3 Times a Day



BENT OVER FLEXION

While standing, bend over and support your self with your uninjured arm. With your affected arm starting at your side, retract your shoulder blade, then raise your arm forward and up as shown. Maintain a retracted shoulder blade the entire time. Video # VVSA7NVD3

Repeat 20 Times

Complete 1 Set

Hold 1 Second

Perform 3 Times a Day