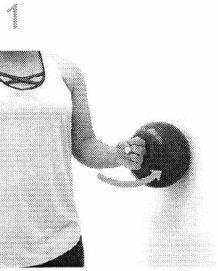


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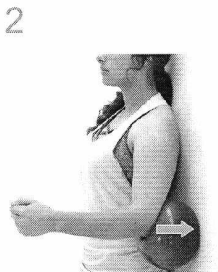


ISOMETRIC SHOULDER EXTERNAL ROTATION - BALL

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.

Repeat 10 Times
 Hold 3 Seconds
 Complete 3 Sets
 Perform 1 Times a Day
 Video # VVNC8P94Q

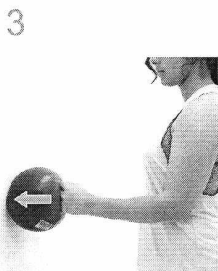


ISOMETRIC SHOULDER EXTENSION - BALL

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.

Repeat 10 Times
 Hold 3 Seconds
 Complete 3 Sets
 Perform 1 Times a Day
 Video # VVRXDTDF9

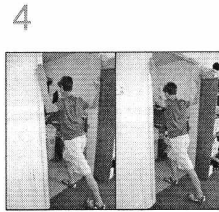


ISOMETRIC SHOULDER FLEXION - BALL

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.

Repeat 10 Times
 Hold 3 Seconds
 Complete 3 Sets
 Perform 1 Times a Day
 Video # VVRWQ748D



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.

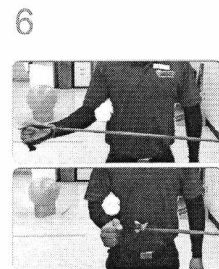
Repeat 1 Time
 Hold 30 Seconds
 Complete 1 Set
 Perform 3 Times a Day



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
 Hold 30 Seconds
 Complete 1 Set
 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 10 Times
 Hold 3 Seconds
 Complete 3 Sets
 Perform 1 Times a Day

Repeat.

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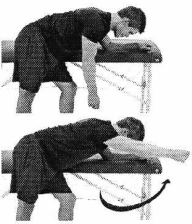


Circular Motion Shoulder Pendulum Exercise

Repeat 20 Times
Complete 1 Set
Perform 3 Times a Day

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.

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BENT OVER FLEXION

Repeat 20 Times
Hold 1 Second
Complete 1 Set
Perform 3 Times a Day
Video # VVSA7NVD3

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 foward and up as shown. Maintain a retracted shoudler blade the entire time.