

AROM shld retract bil stand arms at side



- Stand with arms at sides.
- Squeeze both shoulder blades together.
- Relax and repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld bent row



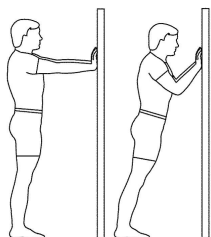
- Slightly bend hips and knees and support upper body with other arm as shown.
- Lift arm up, raising elbow to shoulder height.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld push-ups at wall



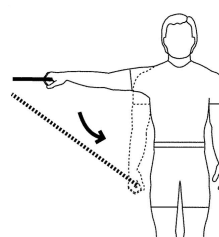
- Stand facing wall, about 12-18 inches away.
- Place hands on wall at shoulder height.
- Slowly bend elbows, bringing face to wall.
- Push back up to start position and repeat.

Perform 3 sets of 10 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist shld add w/elastic



- Attach elastic to secure object at shoulder level.
- Grasp elastic in hand.
- Pull arm inward, keeping elbow straight.
- Return to start position and repeat.

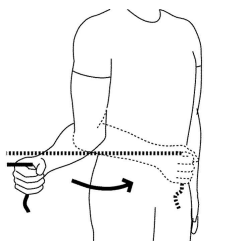
Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist shld IR uni w/elastic



- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.

Special Instructions:

Keep arm at side.

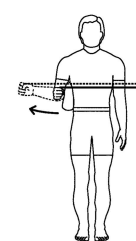
Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist shld ER uni stand (abd 45) w/elastic



- Attach elastic to secure object at waist level.
- Place pillow between elbow and body.
- Grasp elastic in hand, elbow bent to 90.
- Rotate arm outward and return.
- Slowly return to start position and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: Lena Juross

These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.