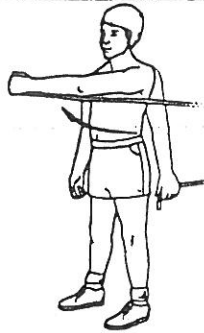


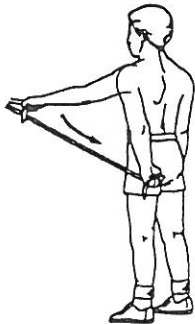


# Shoulder Strengthening Exercise



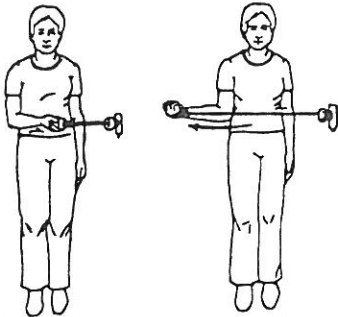
1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in \_\_\_\_\_ hand
3. Raise arm out in front of your body as shown
4. Hold \_\_\_\_\_ seconds and slowly lower
5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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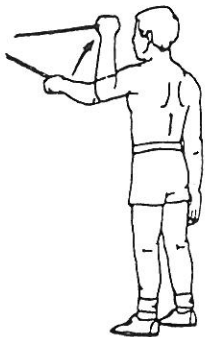
1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in \_\_\_\_\_ hand with arm in front of body
3. Pull arm backward as shown
4. Hold \_\_\_\_\_ seconds
5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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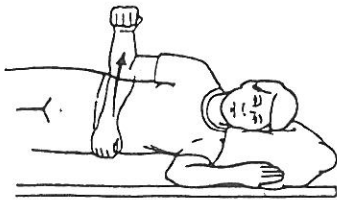
1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in \_\_\_\_\_ hand as shown
3. Rotate arm outward, keeping elbow bent
4. Hold \_\_\_\_\_ seconds and slowly lower
5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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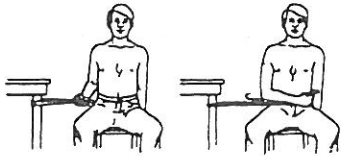
1. Anchor rubber tubing to solid object
2. Grasp rubber tubing in \_\_\_\_\_ hand
3. Hold arm elevated with elbow bent and fist pointing forward as shown
4. Rotate arm upward from the starting position
5. Hold \_\_\_\_\_ seconds, slowly relax
6. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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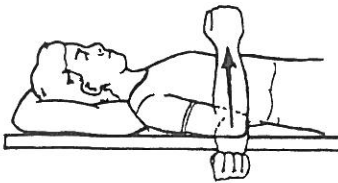
1. Lie on your side so that your \_\_\_\_\_ arm is on top
2. Rotate arm upward, keeping elbow bent as shown
3. Hold \_\_\_\_\_ seconds and slowly lower
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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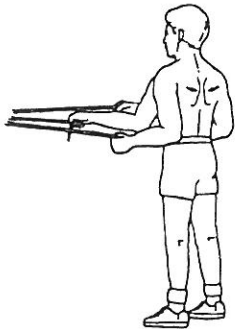
1. Anchor rubber tubing to solid object
2. Sit or stand with arm at side, elbow bent as shown
3. Rotate arm inward toward body
4. Hold \_\_\_\_\_ seconds and slowly relax
5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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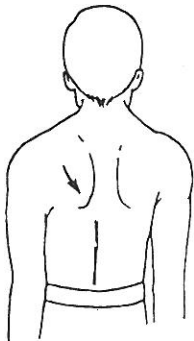
1. Lie on back with elbow bent, forearm parallel with floor
2. Rotate arm in toward your body, keeping elbow bent as shown
3. Hold \_\_\_\_\_ seconds and slowly lower
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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1. Anchor rubber tubing to a solid object
2. Hold rubber tubing in both hands, elbows bent
3. Squeeze shoulder blades together
4. Pull arms backward as shown
5. Hold \_\_\_\_\_ seconds
6. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

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1. Assume upright posture with shoulders relaxed
2. Move \_\_\_\_\_ shoulder blade down and toward opposite hip
3. Hold \_\_\_\_\_ seconds
4. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day