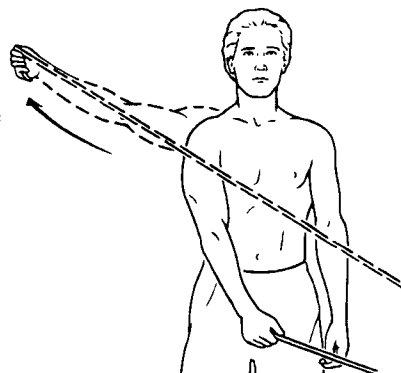


SHOULDER - 42 Strengthening: Resisted Abduction

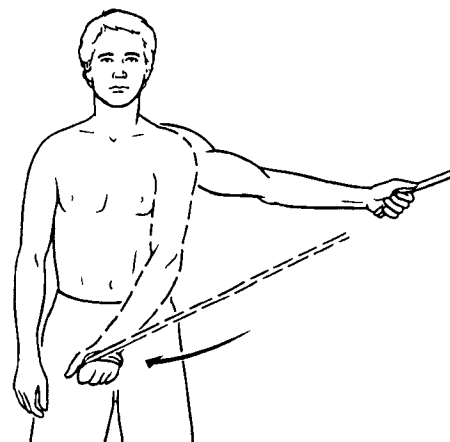
Hold tubing with right arm across body. Pull up and away from side. Move through pain-free range of motion.



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

SHOULDER - 46 Strengthening: Resisted Adduction

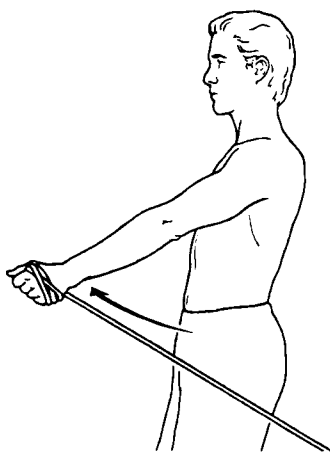
Hold tubing in right hand, arm out. Pull arm toward opposite hip. Do not twist or rotate trunk.



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

SHOULDER - 41 Strengthening: Resisted Flexion

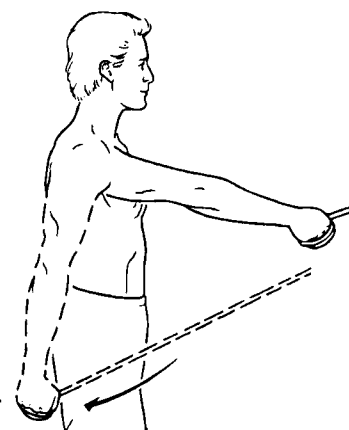
Hold tubing with right arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

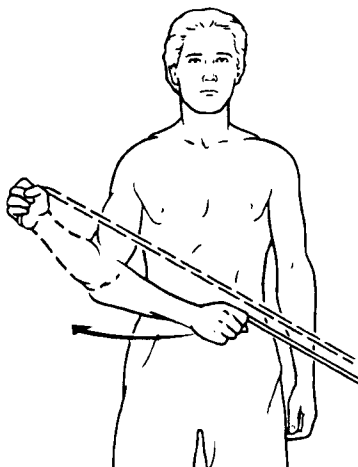
Hold tubing in right hand, arm forward. Pull arm back, elbow straight.



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

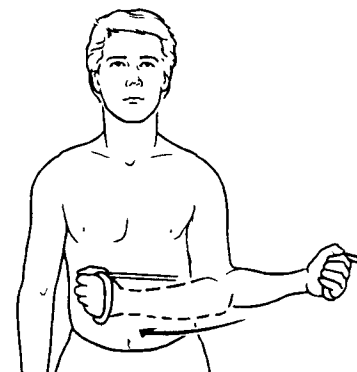
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.



Repeat 10 times per set.  
Do 2-3 sets per session.  
Do 1 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 10 times per set.  
Do 2-3 sets per session.  
Do 1 sessions per day.