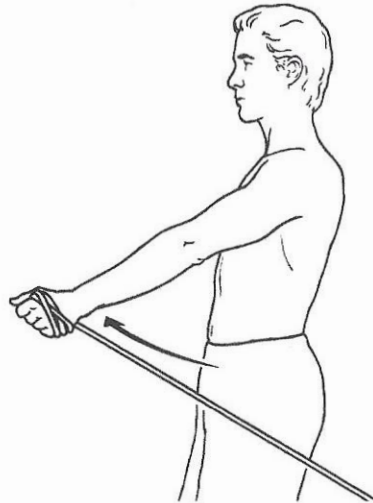


SHOULDER - 41 Strengthening: Resisted Flexion

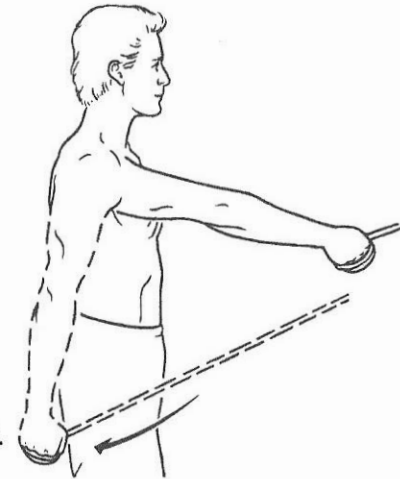
Hold tubing with left arm at side. Pull forward and up. Move shoulder through pain-free range of motion.



Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 45 Strengthening: Resisted Extension

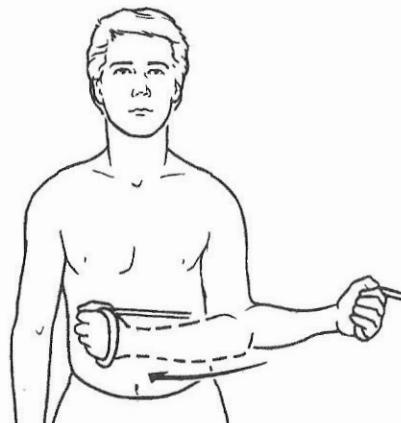
Hold tubing in left hand, arm forward. Pull arm back, elbow straight.



Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

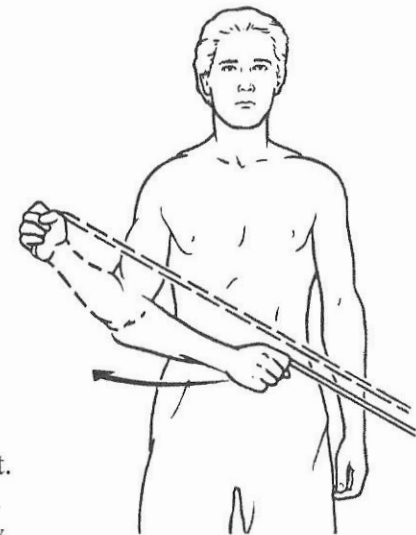
Hold tubing in left hand, elbow at side and forearm out. Rotate forearm in across body.



Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.

SHOULDER - 43 Strengthening: Resisted External Rotation

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



Repeat 20 times per set.  
Do 1 sets per session.  
Do 2 sessions per day.