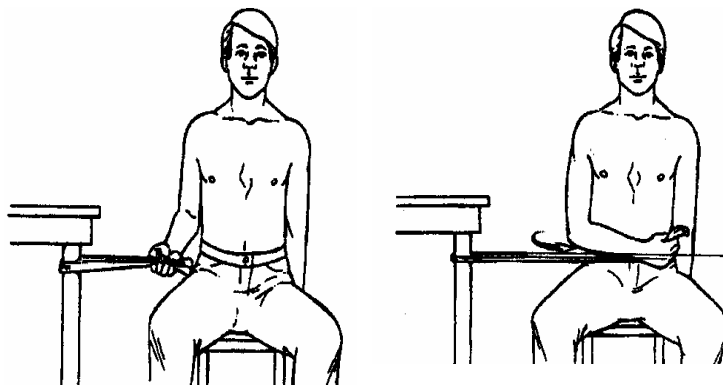


### **Shoulder External Rotation**

1. Anchor 2 inch wide rubber tubing to a solid object
2. Grasp rubber tubing in left hand as shown
3. Rotate arm outward, keeping elbow bent
4. Hold 5 seconds and slowly lower
5. 10 repetitions, 2 times per day
6. Repeat exercise with right hand



### **Shoulder Internal Rotation**

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 5 seconds and slowly relax
5. 10 repetitions, 3 times per day
6. Repeat exercise with opposite arm



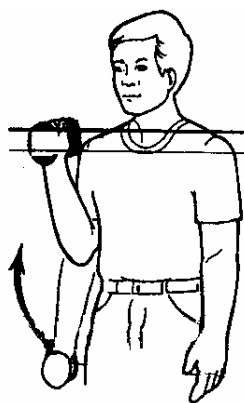
### **Shoulder Horizontal Abduction**

1. Anchor rubber tubing to solid object
2. Holding in both hands, arms straight in front of you as shown
3. Bend elbows and pull elbows straight backwards (keep arm parallel to floor)
4. Hold 5 seconds and slowly relax
5. 10 repetitions, 3 times, 2 times per day



### **Shoulder Horizontal Adduction**

1. Stand grasping left elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold 30 seconds
4. 3-5 repetitions, 2 times per day
5. Repeat exercise with right elbow



### **Flexion**

1. Stand with left arm straight, thumb facing forward as shown
2. Hold 2-5lb dumbbell weight
3. Bend elbow as shown
4. Hold 5 seconds, slowly lower
5. 10 repetitions, 3 times, 2 times per day
6. Repeat exercise with right arm



### **Shoulder External Rotation & Internal Rotation**

1. Place left arm against wall with elbow bent as shown
2. Try to push the arm outward, but resist the motion with the wall
3. Hold 5 seconds
4. 10 repetitions, 3 times, 2 times per day
5. Repeat exercise with right arm