SHOULDER EXERCISES

Perform___25_ repetitions. Repeat ___2_times per day.

Band resisted shoulder abduction



With shoulder blades down and together, pull band out to the side

Band Resisted Shoulder Adduction



With shoulder blades down and together and elbow straight, pull arm in towards your body (hip).

Band Resisted Internal and External Rotation



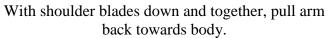
With shoulder blades down and together, place a towel roll between elbow and body. Keep elbow bent at a 90 degree angle and rotate your forearm in towards your stomach, **then turn your body 180 degrees and rotate outwards away from your body** using the resistance.

Perform___25_ repetitions. Repeat ___2_times per day.

Band resisted shoulder extension

Band Resisted Shoulder Flexion







With shoulder blades down and together and elbow straight, pull arm forward.

Perform_25__ repetitions. Repeat __2__times per day.