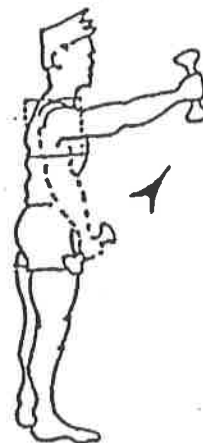


## WEIGHT TRAINING PROGRAM FOR THE SHOULDER

*THE FOLLOWING EXERCISES HAVE BEEN DESIGNED SPECIFICALLY FOR THE SHOULDER MUSCULATURE AND ARE DESIGNED TO PROVIDE ENDURANCE AND STRENGTH TO THE ARM. ENDURANCE AND STRENGTH ARE BEST ACHIEVED BY UTILIZING A PROGRAM OF NUMEROUS REPETITIONS AND LOW WEIGHT. THE SPECIFIC PROGRAM IS OUTLINED ON THE FOLLOWING SHEET.*

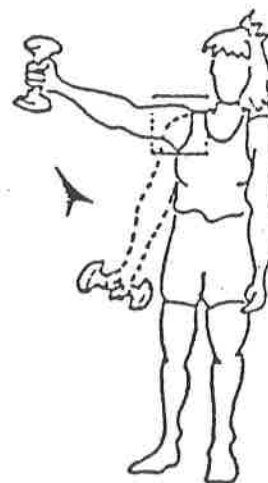
### 1. ANTERIOR DELTOID

RAISE THE ARM UP IN FRONT OF YOU KEEPING THE ELBOW STRAIGHT AND THE PALM FACED IN. HOLD FOR 2 COUNTS. SLOWLY OWER BACK TO SIDE.



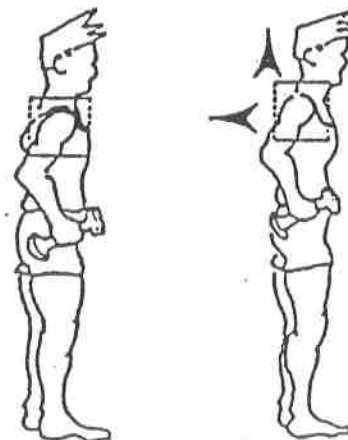
### 2. MIDDLE DELTOID

START WITH PALM FACING BODY. RAISE ARM OUT AWAY FROM THE SIDE OF THE BODY. AS YOU RAISE THE ARM SLOWLY ROTATE THE ARM SO THE PALM FACES UP. HOLD FOR 2 COUNTS.



### 3. UPPER TRAPEZIUS/LEVATOR SCAPULAE

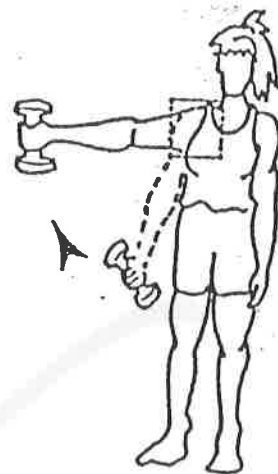
STAND WITH YOUR ARMS BY YOUR SIDE. LIFT SHOULDER STRAIGHT UP TO YOUR EAR AND HOLD FOR 2 COUNTS. NOW PULL SHOULDER BLADES TOGETHER. HOLD FOR 2 COUNTS. SLOWLY RELAX SHOULDER.



## WEIGHT TRAINING PROGRAM FOR THE SHOULDER, Continued

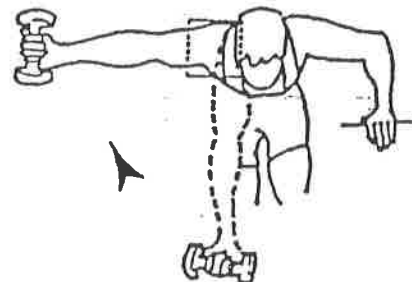
### 4. SUPRASPINATUS

RAISE THE ARM OUT TO THE SIDE AT APPROXIMATELY 30 DEGREES FROM THE SIDE OF THE BODY. THUMB IS POINTED DOWN. LIFT THE ARM TO EYE LEVEL. HOLD FOR 2 COUNTS. SLOWLY RETURN TO STARTING POSITION.



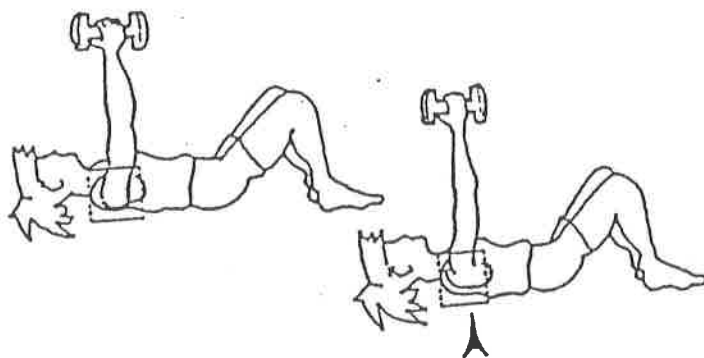
### 5. MIDDLE TRAPEZIUS/TERES MINOR/INFRASPINATUS

BEND OVER FROM THE WAIST SO YOUR BODY IS PARALLEL TO THE FLOOR WITH ARM AT A 90 DEGREE ANGLE TO THE BODY AND ELBOW STRAIGHT. SLOWLY PULL ARM UP TOWARDS CEILING. HOLD FOR 2 SECONDS. SLOWLY RETURN ARM TO STARTING POSITION. IF YOU HAVE LOWER BACK PROBLEMS, EITHER BEND YOUR KNEES OR PERFORM THIS EXERCISE LYING ON YOUR STOMACH.



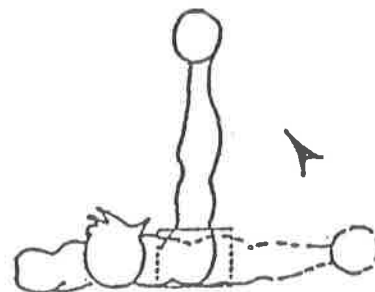
### 6. SERRATUS ANTERIOR/PECTORALIS

LIE DOWN ON YOUR BACK WITH ARM POINTED TOWARDS CEILING, ELBOW STRAIGHT. WITH WEIGHT IN HAND, PUSH UP TOWARDS CEILING LIFTING SHOULDER BLADE OFF OF TABLE. HOLD FOR 2 SECONDS. SLOWLY RELAX AND ALLOW SHOULDER BLADE TO RETURN TO TABLE.



### 7. PECTORALIS

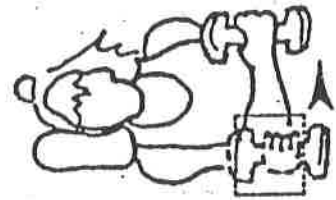
LIE DOWN ON YOUR BACK WITH YOUR ARM AT A 90 DEGREE ANGLE TO YOUR BODY AND ELBOW STRAIGHT. WITH WEIGHT, PULL YOUR ARM UP TOWARD THE CEILING, KEEPING ELBOW STRAIGHT. HOLD FOR 2 SECONDS. SLOWLY ALLOW ARM TO RETURN TO STARTING POSITION.



## WEIGHT TRAINING PROGRAM FOR THE SHOULDER, Continued

### 8. SUBSCAPULARIS

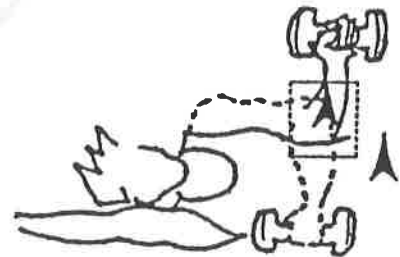
LIE ON YOUR AFFECTED SIDE WITH YOUR ARM HELD CLOSE TO YOUR SIDE AND ELBOW BENT TO 90 DEGREES. YOUR FOREARM SHOULD BE RESTING ON THE TABLE. SLOWLY BRING LOWER PART OF ARM UP TOWARDS BODY. HOLD FOR 2 COUNTS. SLOWLY BRING ARM BACK DOWN TO STARTING POSITION.



---

### 9. INFRASPINATUS/TERES MINOR

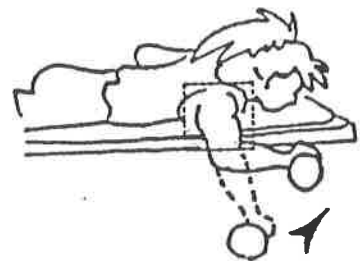
LYING ON YOUR UNAFFECTED SIDE AND KEEPING YOUR UPPER ARM ON THE AFFECTED SIDE CLOSE TO YOUR BODY AT A 90 DEGREE ANGLE, RAISE THE LOWER ARM UPWARDS AWAY FROM THE BED. HOLD FOR 2 COUNTS. SLOWLY BRING ARM BACK DOWN. DO NOT ALLOW BODY TO ROTATE DURING THE EXERCISE.



---

### 10. ROTATOR CUFF/POSTERIOR DELTOID

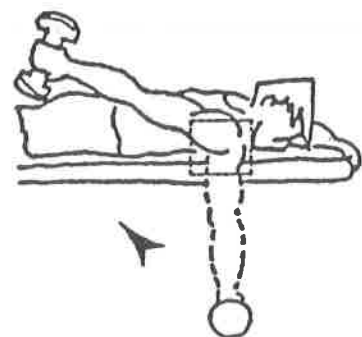
WITH ARM AT A 90 DEGREE ANGLE FROM THE BODY AND UPPER ARM SUPPORTED BY THE TABLE, SLOWLY ROTATE ARM UP TOWARDS CEILING AND THEN LIFT THE ARM OFF THE TABLE. HOLD FOR 2 COUNTS. SLOWLY LOWER ARM BACK TO STARTING POSITION.



---

### 11. POSTERIOR DELTOID

LIE ON YOUR STOMACH WITH ARM HANGING DOWN OFF THE BED. BRING ARM BACK AND UP TOWARDS CEILING. HOLD FOR 2 COUNTS. ALLOW ARM TO SLOWLY RETURN TO STARTING POSITION.

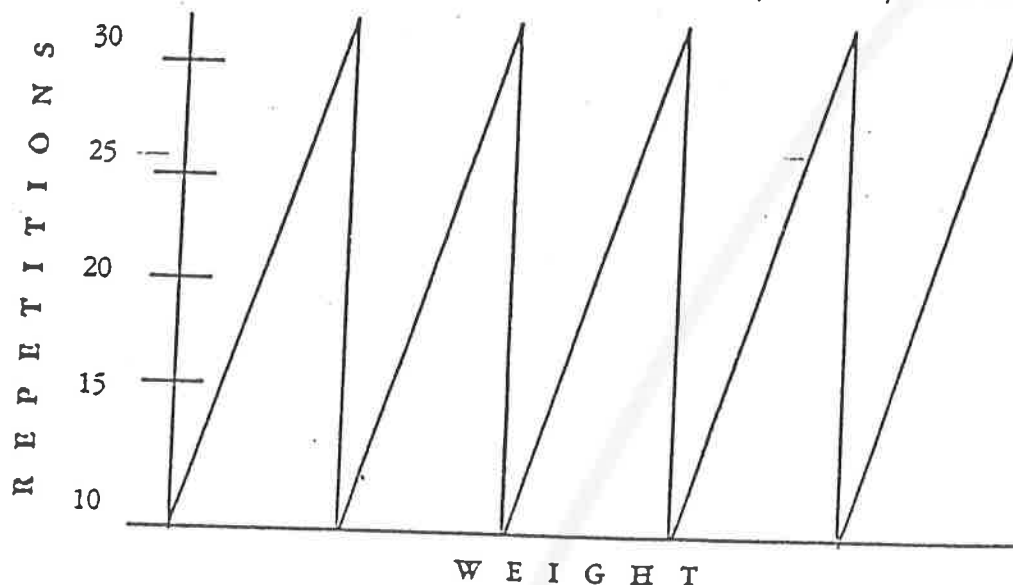


## WEIGHT TRAINING PROGRAM FOR THE SHOULDER, Continued

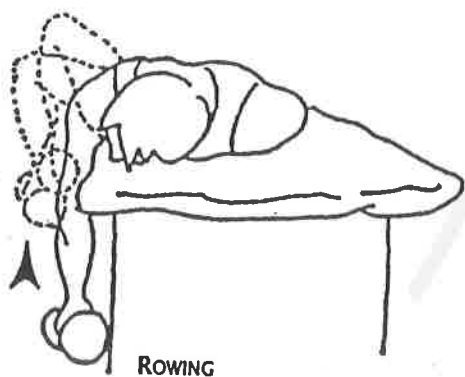
### STRENGTHENING PROGRAM WITH WEIGHTS

THE FOLLOWING STRENGTHENING PROGRAM IS BASED UPON LOW WEIGHT AND HIGH REPETITIONS.

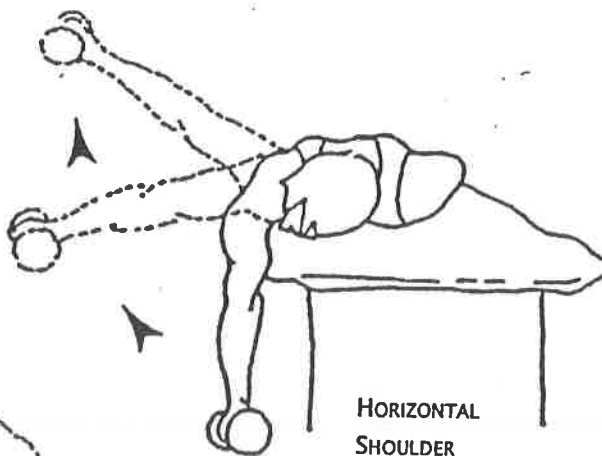
YOU WILL START WITH A \_\_\_\_\_ LB. WEIGHT THAT YOU CAN LIFT THROUGH 10 REPETITIONS OF THIS WEIGHT. YOU WILL GRADUALLY INCREASE YOUR REPETITIONS TO 30. ONCE YOU CAN PERFORM 30 REPETITIONS AT THE ABOVE WEIGHT, THEN YOU WILL REDUCE THE REPETITIONS BACK DOWN TO 10 AND INCREASE YOUR WEIGHT BY A POUND. CONTINUE WITH THIS UNTIL YOU HAVE PROGRESSED TO 5 LBS. AT 30 REPETITIONS. AT THIS POINT, YOU MAY STAY AT THIS WEIGHT AND REPETITION, OR YOU MAY INCREASE THE REPETITIONS. DO NOT, HOWEVER, INCREASE YOUR WEIGHT BEYOND 5 LBS.



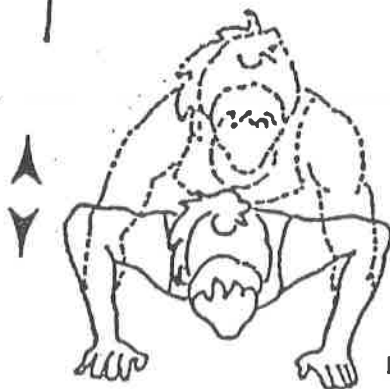
PERFORM ALL EXERCISE SLOWLY ESPECIALLY AS YOU RETURN THE WEIGHT TO THE STARTING POSITION, AS THE CONTROLLED RELEASE OF THE WEIGHT IS THE MOST IMPORTANT PART OF STRENGTHENING.



ROWING



HORIZONTAL  
SHOULDER  
ABDUCTION



NORMAL PUSH-UP