

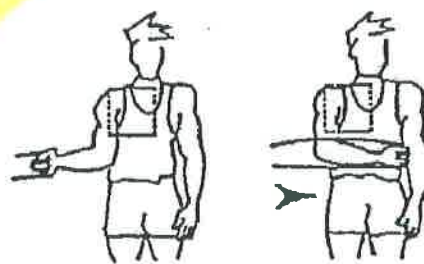
SHOULDER STRENGTHENING EXERCISES

THE FOLLOWING EXERCISES REQUIRE RUBBER CORD SET AND DOOR STRAP. FOR EACH EXERCISE, POSITION DOOR STRAP AT APPROPRIATE LOCATION BETWEEN DOOR AND DOOR JAMB, SO THAT METAL HOOK IS IN THE NON-OPENING SIDE OF THE DOOR.

ALL STRENGTHENING EXERCISES BEGIN WITH RED RUBBER CORD. WHEN 3 SETS OF 10 REPETITIONS CAN BE DONE FOR AN EXERCISE, YOU MAY PROGRESS TO GREEN RUBBER CORD. SIMILARLY, WHEN 3 SETS OF 10 REPETITIONS CAN BE DONE WITH GREEN RUBBER CORD, YOU MAY PROGRESS TO BLUE RUBBER CORD.

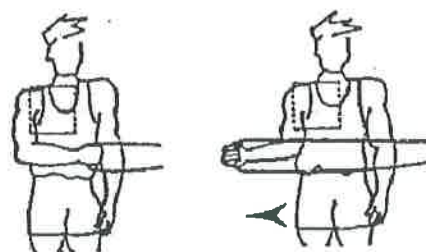
1. INTERNAL ROTATION

STAND SIDEWAYS WITH AFFECTED SHOULDER CLOSEST TO DOOR AND ELBOW AGAINST YOUR SIDE AS SHOWN. PULL HANDLE TOWARD UNAFFECTED ARM WHILE KEEPING ELBOW AT YOUR SIDE. RETURN SLOWLY.



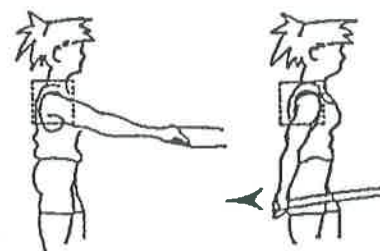
2. EXTERNAL ROTATION

STAND SIDEWAYS WITH AFFECTED SHOULDER FARTHEST FROM DOOR AND ELBOW AGAINST YOUR SIDE AS SHOWN. PULL HANDLE AWAY FROM UNAFFECTED ARM WHILE KEEPING ELBOW AT YOUR SIDE. RETURN SLOWLY.



3. SHOULDER EXTENSION

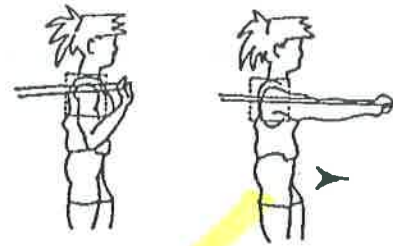
STAND FACING DOOR WITH AFFECTED ARM EXTENDED AND STRAIGHT AS SHOWN. PULL HANDLE BACK AS FAR AS YOU CAN WHILE KEEPING ARM STRAIGHT. RETURN SLOWLY.



Shoulder Strengthening Exercises, continued

4. FORWARD PRESS

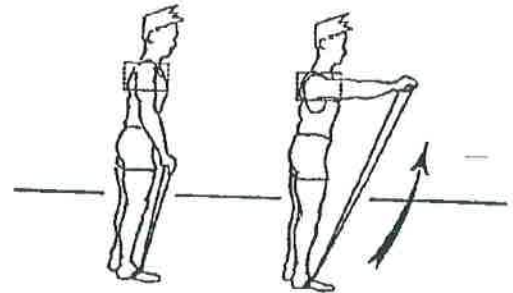
STAND FACING AWAY FROM DOOR WITH ARM POSITIONED AS SHOWN. PUSH HANDLE OUT UNTIL ARM IS STRAIGHT. RETURN SLOWLY.



FOR EXERCISES 5, 6 AND 7, LOOP DOOR STRAP AROUND YOUR FOOT AS SHOWN; HOWEVER, SHORTER PEOPLE MAY ELIMINATE DOOR STRAP AND LOOP RUBBER CORD DIRECTLY UNDER THEIR FOOT.

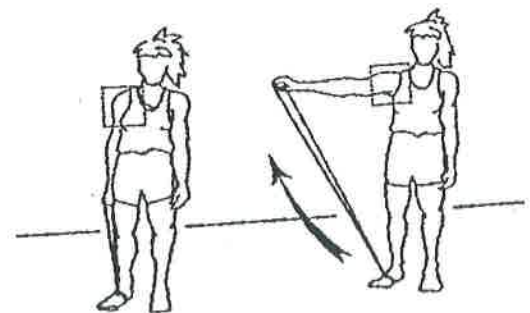
5. FORWARD FLEXION

GRASP HANDLE WITH ARM AT SIDE AND PALM DOWN AS SHOWN. KEEPING ARM STRAIGHT, LIFT HANDLE FORWARD TO SHOULDER HEIGHT. RETURN SLOWLY.



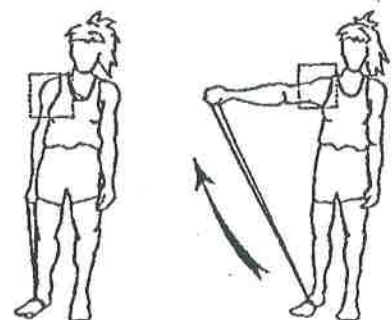
6. ABDUCTION

GRASP HANDLE WITH ARM AT SIDE AND THUMB POINTED FORWARD AS SHOWN. KEEPING ARM STRAIGHT, LIFT HANDLE AWAY FROM SIDE TO SHOULDER HEIGHT WHILE TURNING THUMB UP. RETURN SLOWLY.



7. 45 DEGREE RAISE

GRASP HANDLE WITH ARM AT SIDE AND THUMB POINTED FORWARD AS SHOWN. KEEPING ARM STRAIGHT AND THUMB POINTING DOWN, LIFT HANDLE TO 45 DEGREES FROM FRONT TO SHOULDER HEIGHT. RETURN SLOWLY.

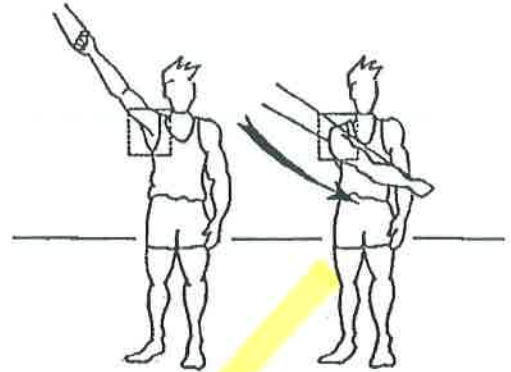


Shoulder Strengthening Exercises, continued

FOR EXERCISES 8A AND 8B, SECURE DOOR STRAP NEAR TOP OF DOOR JAMB.

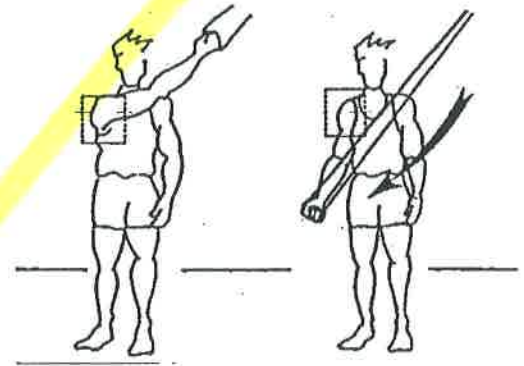
8A. DIAGONAL PATTERNS

STAND SIDEWAYS WITH AFFECTED SHOULDER CLOSEST TO DOOR AND ARM OUT STRAIGHT WITH PALM FACING FORWARD AS SHOWN. PULL HANDLE DOWN AND ACROSS BODY TOWARD OPPOSITE HIP. RETURN SLOWLY.



8B. DIAGONAL PATTERNS

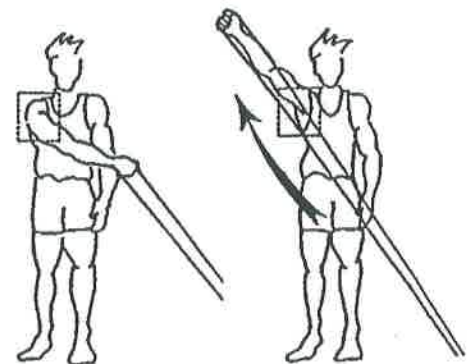
STAND SIDEWAYS WITH AFFECTED SHOULDER FARTHEST AWAY FROM DOOR. POSITION ARM ACROSS FACE WITH PALM FACING BACKWARDS AS SHOWN. PULL HANDLE DOWN AND ACROSS BODY TOWARD OPPOSITE HIP. RETURN SLOWLY.



FOR EXERCISES 8C AND 8D, SECURE DOOR STRAP TO BOTTOM OF DOOR BY FIRST INSERTING AN OBJECT SUCH AS ONE OF THE S.T.K BAR PIECES THROUGH THE LOOP IN THE DOOR STRAP. THIS WILL PREVENT THE DOOR STRAP FROM SLIPPING OUT FROM UNDER THE DOOR.

8C. DIAGONAL PATTERNS

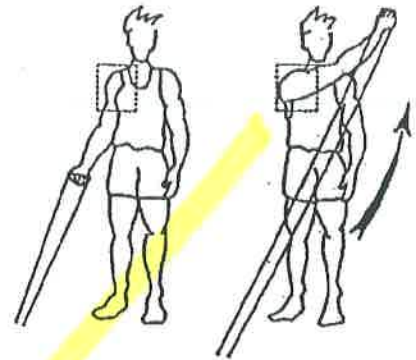
STAND SIDEWAYS WITH AFFECTED SHOULDER FARTHEST AWAY FROM DOOR. POSITION ARM ACROSS BODY WITH PALM FACING BACKWARDS AS SHOWN. PULL HANDLE UP AND ACROSS BODY AS SHOWN. RETURN SLOWLY.



Shoulder Strengthening Exercises, continued

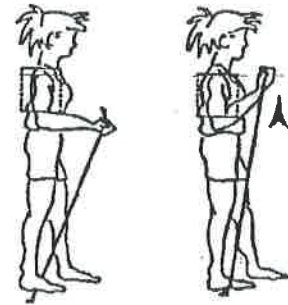
8D. DIAGONAL PATTERNS

STAND SIDWAYS WITH AFFECTED SHOULDER CLOSEST TO DOOR AND ARM OUT STRAIGHT WITH PALM FACING FORWARD AS SHOWN. PULL HANDLE UP AND ACROSS FACE AS SHOWN. RETURN SLOWLY.



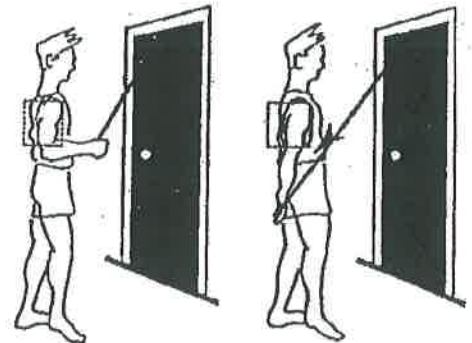
9. BICEP CURL

STAND WITH TUBING UNDER FOOT. PUT THE OTHER END IN YOUR INVOLVED HAND, KEEPING ELBOW BENT AT 90° AT THE SIDE OF YOUR BODY. CURL ARM UPWARD KEEPING ELBOW STATIONARY. RETURN SLOWLY.



10. TRICEP EXTENSION

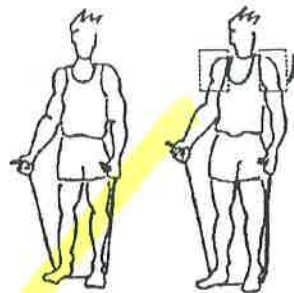
STAND FACING DOOR WITH TUBING IN THE TOP OF THE DOOR. KEEP ELBOW BENT AT 90° AT THE SIDE OF YOUR BODY. EXTEND ARM BACKWARD KEEPING ELBOW STATIONARY. RETURN SLOWLY.



Shoulder Strengthening Exercises, continued

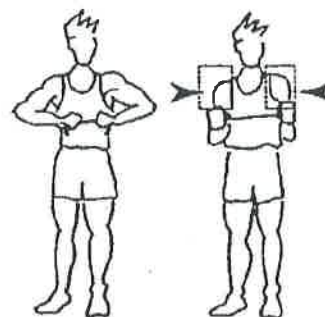
11. SHOULDER SHRUGS

STAND WITH FEET APART AND TUBING UNDER EACH FOOT. HOLD ENDS OF TUBING IN EACH HAND AND SHRUG SHOULDERS FORWARD AND RELEASE, THEN BACKWARD AND RELEASE.



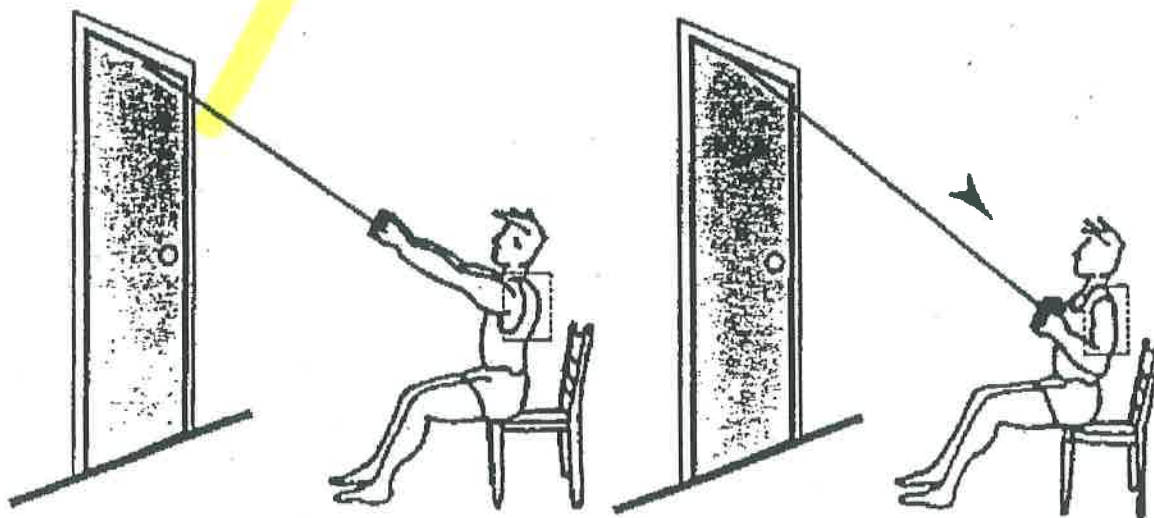
12. SHOULDER PINCHES

HOLD TUBING IN EACH HAND WITH TUBING RUNNING ACROSS CHEST. PINCH SHOULDER BLADES TOGETHER AND RELEASE.



13. SCAPULA PULL, DOWN

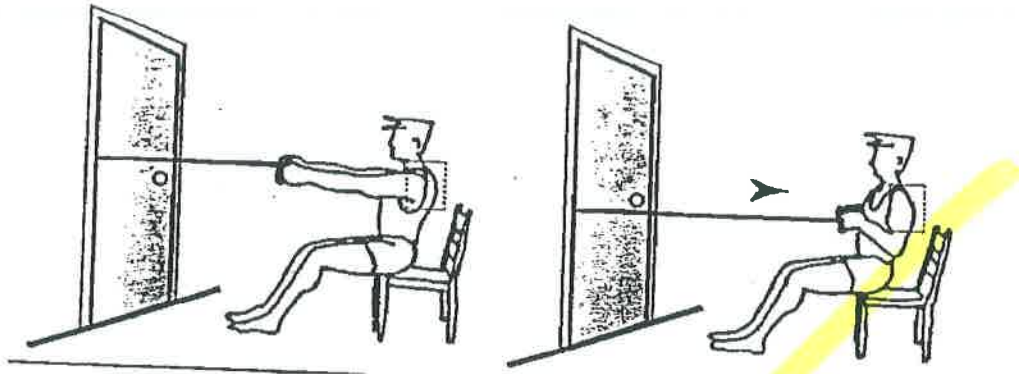
SIT ON THE FRONT EDGE OF A CHAIR AS SHOWN. SIT FAR ENOUGH FROM THE DOOR TO PRODUCE THE DESIRED RESISTANCE OF THE RUBBER TUBING. MAINTAINING A STRAIGHT BACK, REACH FORWARD THEN PULL THE HANDLE INTO YOUR CHEST. IT IS IMPORTANT TO SQUEEZE THE SHOULDER BLADES TOGETHER AND PUSH OUT YOUR CHEST AS YOU PULL THE HANDLE INTO YOUR BODY.



Shoulder Strengthening Exercises, continued

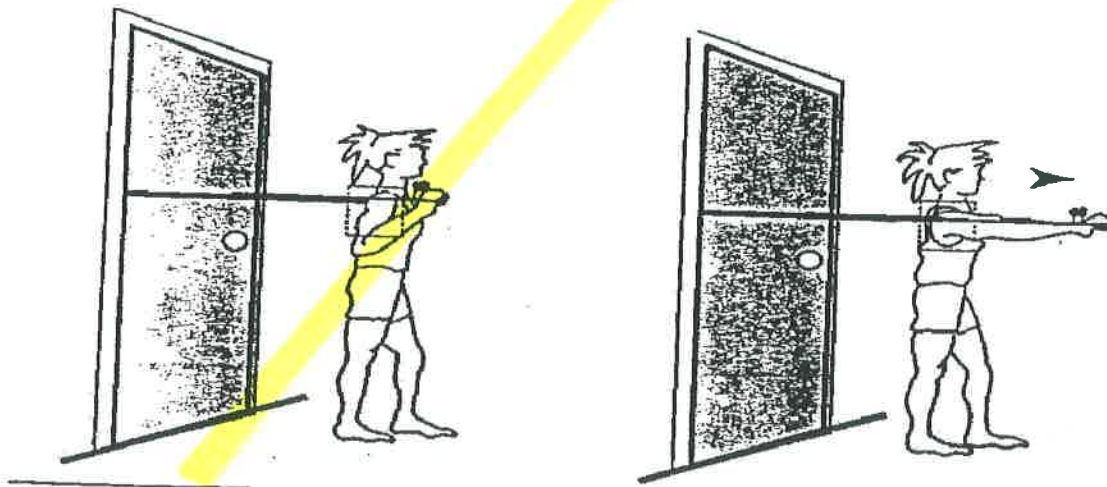
14. SCAPULA PULL, LEVEL

PERFORM THIS EXERCISE THE SAME AS #9, EXCEPT THAT THE DOOR STRAP SHOULD BE POSITIONED LEVEL WITH YOUR CHEST AS SHOWN.



15. PUNCH OUT

WITH THE DOOR STRAP POSITIONED AT SHOULDER HEIGHT, GRASP THE HANDLE AS SHOWN. STAND FAR ENOUGH FROM THE DOOR TO PRODUCE THE DESIRED RESISTANCE OF THE RUBBER TUBING. REACH FORWARD IN A SMOOTH "PUNCHING" MOTION, THEN RETURN.



16. SIDE LIFTS

STANDING ON THE RUBBER TUBING AS SHOWN, SLOWLY PULL THE HANDLE UP TO SHOULDER HEIGHT THEN LOWER. REPEAT FOR BOTH ARMS.

