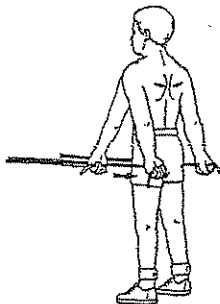


Provided by : DEMO User

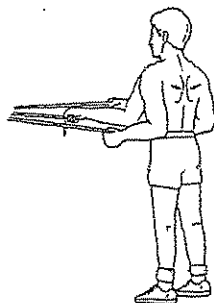
Date : 7/13/2001



1. Anchor rubber tubing to a solid object
2. Stand holding rubber tubing in both hands with arms in front of body
3. Pinch shoulder blades backward as shown
4. Holding the shoulder blades stable, pull arms backward
5. Hold \_\_\_\_\_ seconds and slowly relax
6. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

2x10

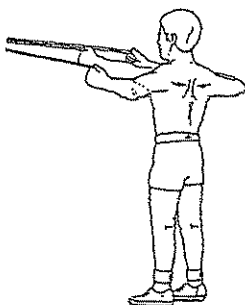
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1. Anchor rubber tubing to a solid object
2. Hold rubber tubing in both hands, elbows bent
3. Squeeze shoulder blades together
4. Pull arms backward as shown
5. Hold \_\_\_\_\_ seconds
6. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

2x10

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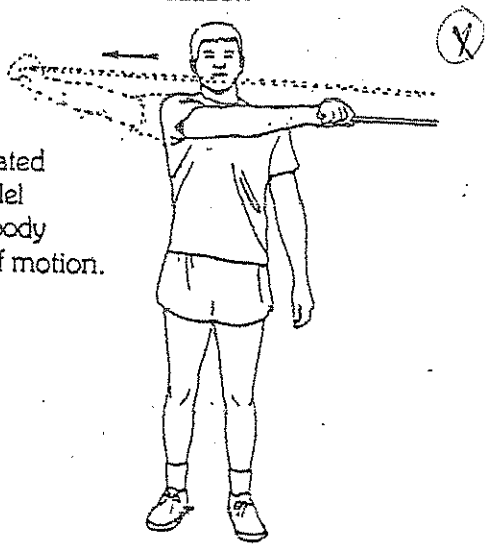


1. Anchor middle of rubber tubing to solid object
2. Hold tubing in both hands, arms straight in front of you as shown
3. Pinch shoulder blades backward as you bend elbows and pull elbows straight backward
4. Hold \_\_\_\_\_ seconds and slowly relax
5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times per day

2x10

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Using tubing, keep elbow straight and shoulder elevated so that upper arm is parallel to floor. Pull arm across body through pain free range of motion.

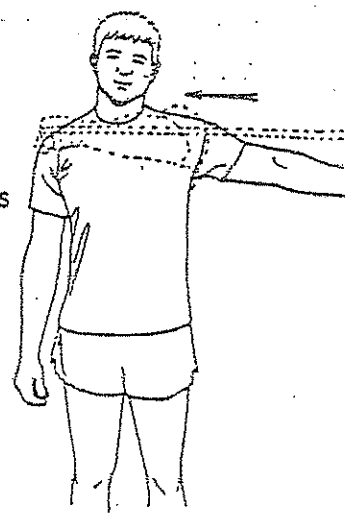


Repeat \_\_\_\_\_ times.  
 \_\_\_\_\_ sessions per day.

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Active Resistive Horizontal Adduction

Using tubing, start with arm elevated, parallel to floor. Bend to 90 degrees and pull arm across body through pain free range of motion.

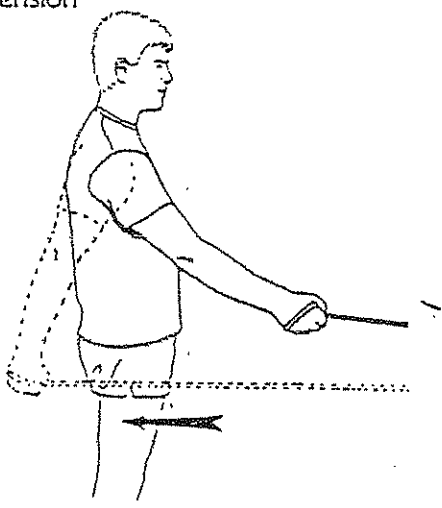


Repeat \_\_\_\_\_ times.  
 Do \_\_\_\_\_ sessions per day.

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SHOULDER Strengthening Activities  
 Active Resistive Extension

Using tubing, pull arm back. Be sure to keep elbow straight.

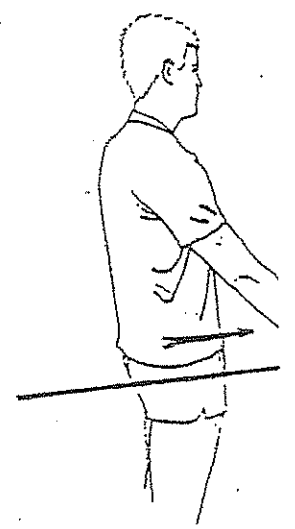


Repeat \_\_\_\_\_ times.  
 \_\_\_\_\_ sessions per day.

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SHOULDER Strengthening Activities  
 Active Resistive Flexion

Using tubing, start with arm at side and pull arm outward and upward. Move shoulder through pain free range of motion.

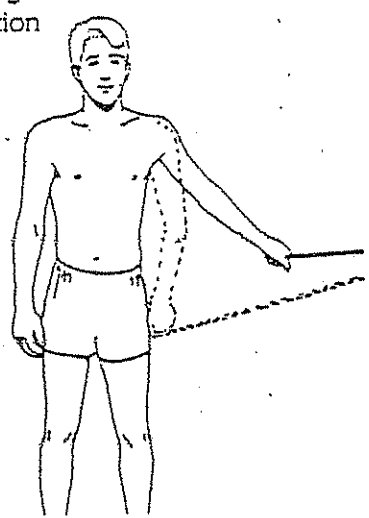


Repeat \_\_\_\_\_ times.  
 Do \_\_\_\_\_ sessions per day.

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SHOULDER Strengthening Activities  
 Active Resistive Adduction

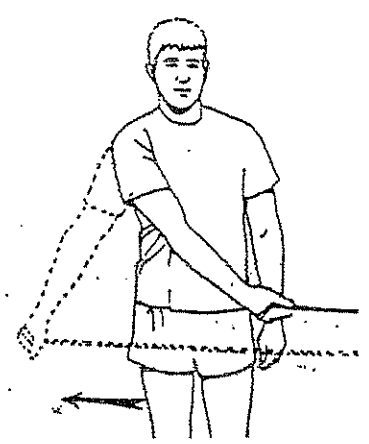
Using tubing, pull arm inward toward buttock. Do not twist or rotate trunk.



Repeat \_\_\_\_\_ times.  
 \_\_\_\_\_ sessions per day.

SHOULDER Strengthening Activities  
 Active Resistive Abduction

Using tubing, start with arm across body and pull away from side. Move through pain free range of motion.

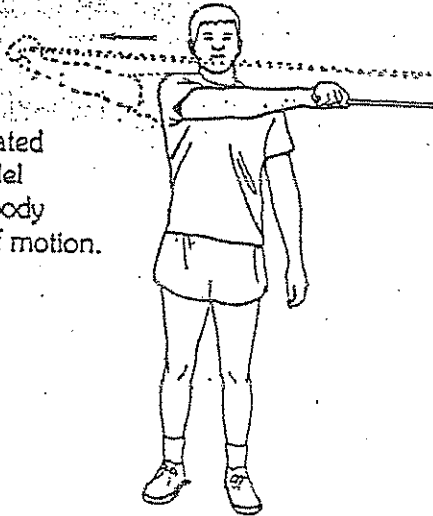


Repeat \_\_\_\_\_ times.  
 Do \_\_\_\_\_ sessions per day.

Active Resistive Horizontal Abduction

Using tubing, keep elbow straight and shoulder elevated so that upper arm is parallel to floor. Pull arm across body through pain free range of motion.

Repeat 20 times.  
Do \_\_\_\_\_ sessions per day.

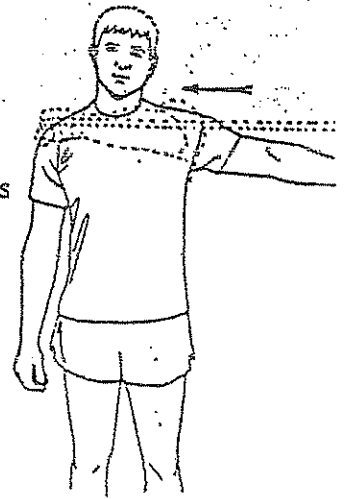


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Active Resistive Horizontal Adduction

Using tubing, start with arm elevated, parallel to floor. Bend to 90 degrees and pull arm across body through pain free range of motion.

Repeat 20 times.  
Do \_\_\_\_\_ sessions per day.

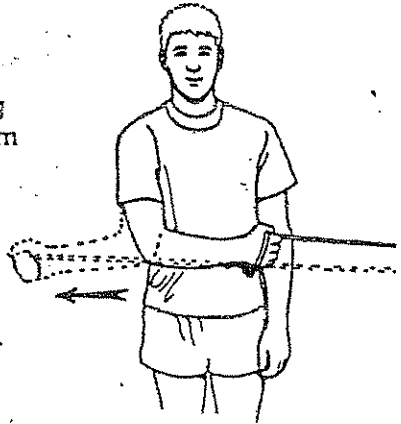


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SHOULDER - 43 Strengthening Activities  
Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

Repeat 3 x 10 times.  
Do \_\_\_\_\_ sessions per day.

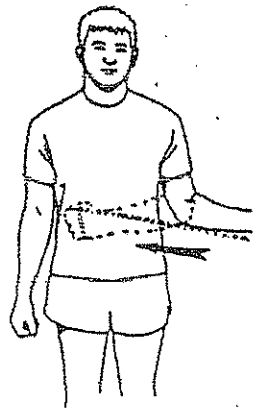


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SHOULDER - 44 Strengthening Activities  
Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.

Repeat 3 x 10 times.  
Do \_\_\_\_\_ sessions per day.



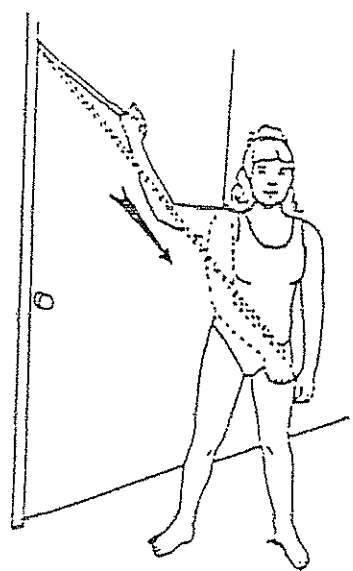
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SHOULDER Strengthening Activities  
Resisted Diagonal  
Shoulder Extension



Grasp tubing with arm above head and behind you. Bring arm downward and across body. Return slowly to starting position.

Repeat 20-25 times.  
Do \_\_\_\_\_ sessions per day.



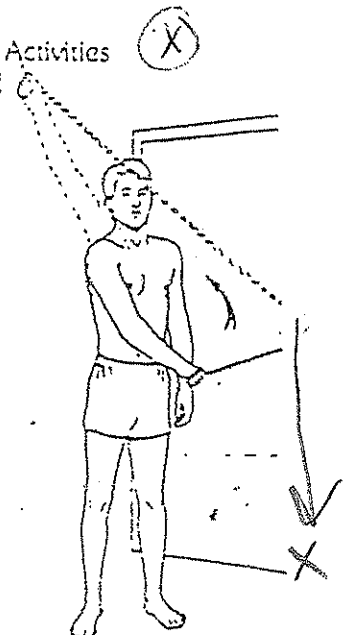
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SHOULDER Strengthening Activities  
Active Resistive Diagonal



Using tubing, start with palm facing behind you. Pull arm out, up and across body rotating arm as you move so palm continues to face behind you.

Repeat 20-25 times.  
Do \_\_\_\_\_ sessions per day.



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