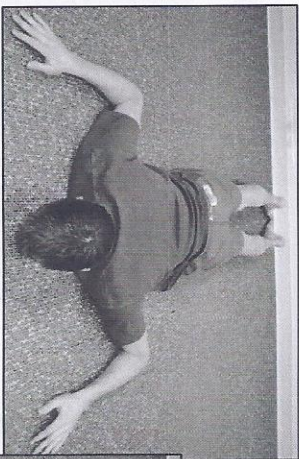
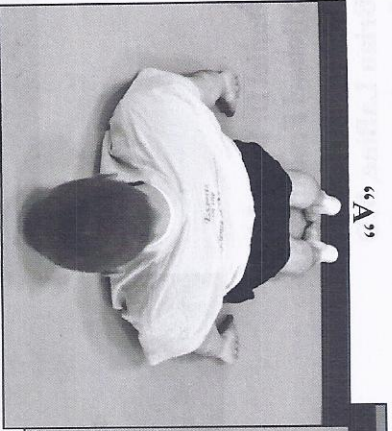


# Shoulder Maintenance Program (page 2)

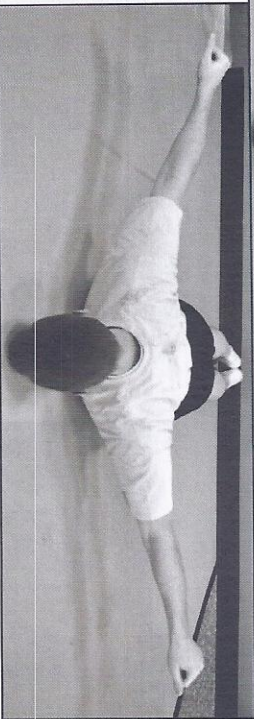
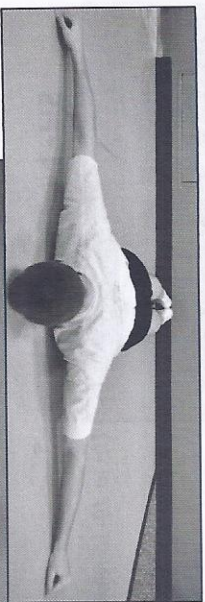
“A”



“W”

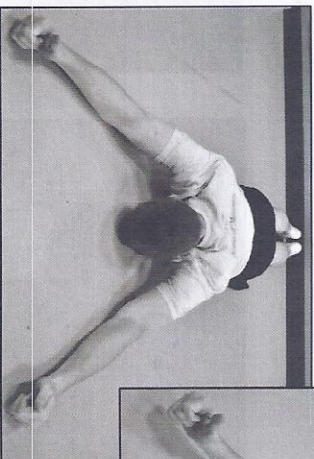


“T”

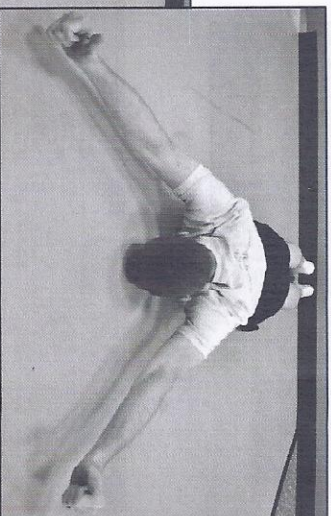


Perform Each Exercise

Up to 40-50 reps



“Y”



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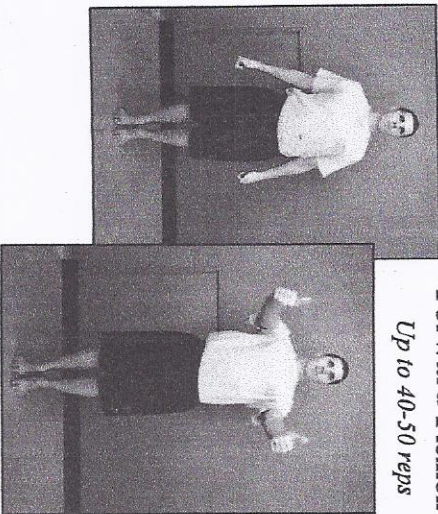
952-946-9777



# Shoulder Maintenance Program (page 1)

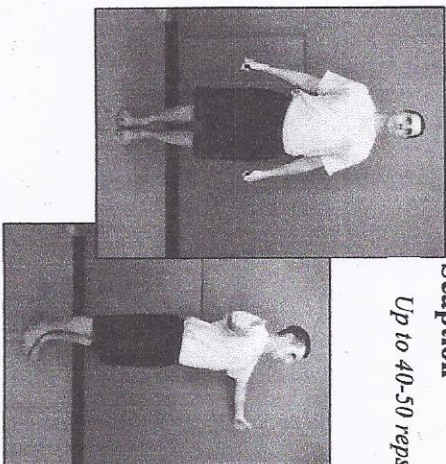
## Forward Flexion

*Up to 40-50 reps*



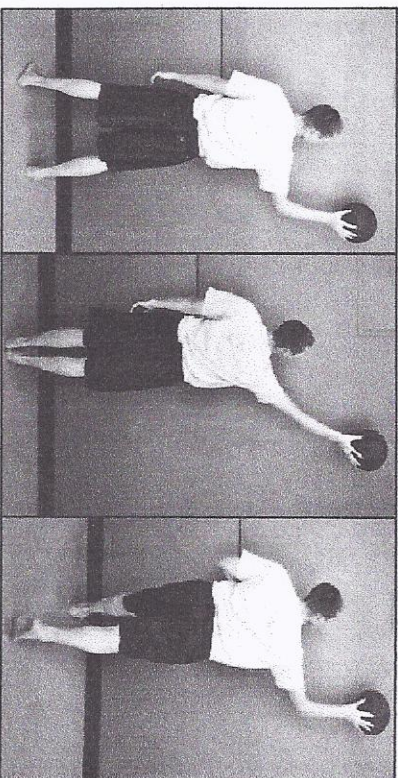
## Scaption

*Up to 40-50 reps*



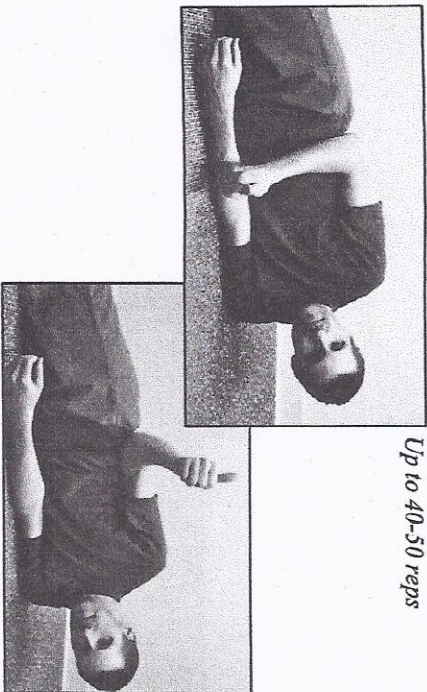
## Ball on the Wall Proprioception Progression

*Up to 40-50 reps*



## Side Lying External Rotation

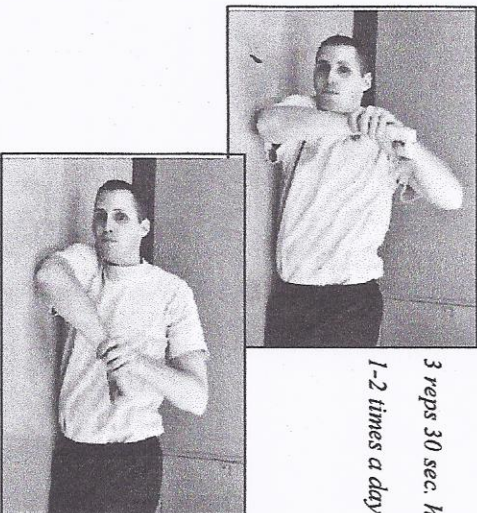
*Up to 40-50 reps*



## Sleeper Stretch

*3 reps 30 sec. hold*

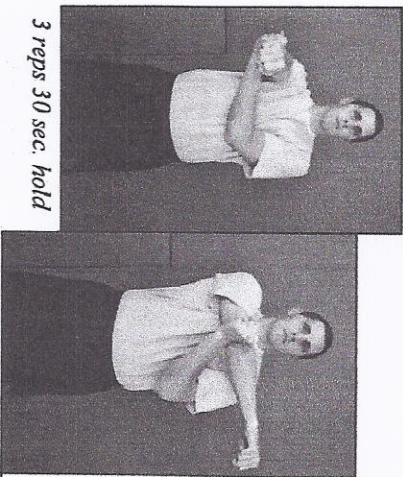
*1-2 times a day*



## Cross Body Stretch

*3 reps 30 sec. hold*

*1-2 times a day*



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