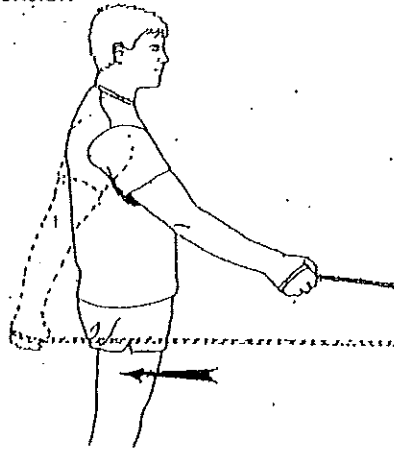


SHOULDER - 45 Strengthening Activities  
Active Resistive Extension

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

Repeat 10 times.  
Do 3 sessions per day.

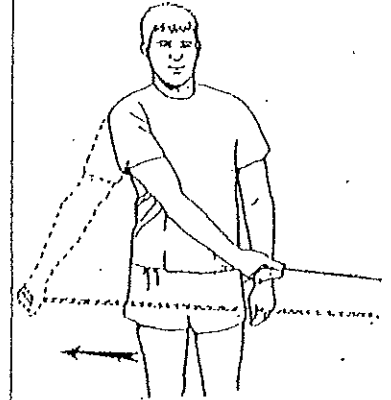


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SHOULDER - 42 Strengthening Activities  
Active Resistive Abduction

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

Repeat 10 times.  
Do 3 sessions per day.

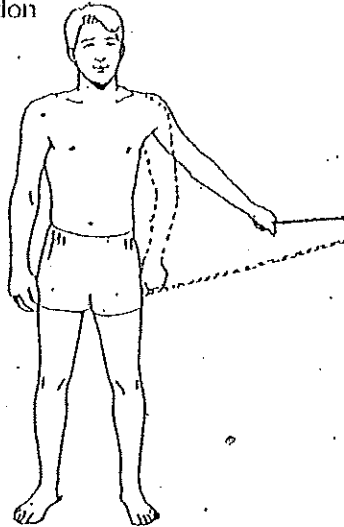


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SHOULDER - 46 Strengthening Activities  
Active Resistive Adduction

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

Repeat 10 times.  
Do 3 sessions per day.

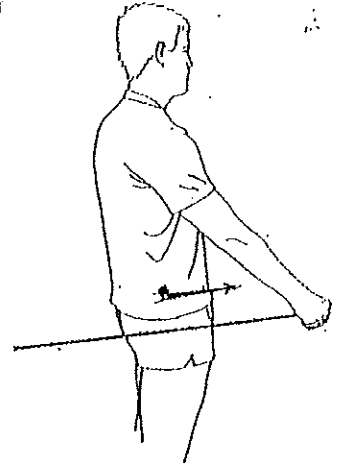


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SHOULDER - 41 Strengthening Activities  
Active Resistive Flexion

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

Repeat 10 times.  
Do 3 sessions per day.

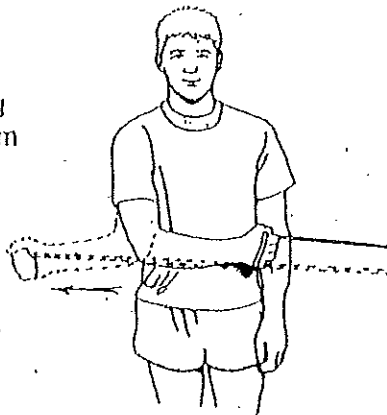


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SHOULDER - 43 Strengthening Activities  
Active Resistive External Rotation

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

Repeat 10 times.  
Do 3 sessions per day.

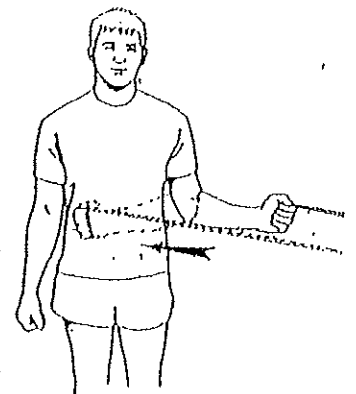


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SHOULDER - 44 Strengthening Activities  
Active Resistive Internal Rotation

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

Repeat 10 times.  
Do 3 sessions per day.



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