

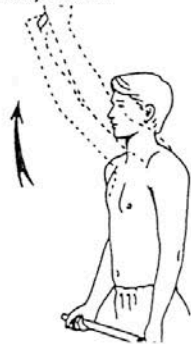
# Stretches and Exercises Shoulder Strengthening

# 8

**SHOULDER 14:** (Wand activities) Flexion.

Bring wand directly overhead, leading with uninvolved side. Reach back until you feel a stretch.

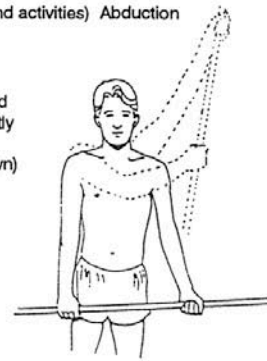
Repeat 6 times.  
Do twice daily.



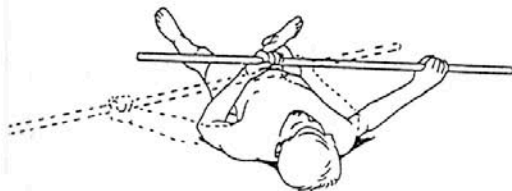
**SHOULDER 15:** (Wand activities) Abduction

Holding wand with involved palm up, push wand directly out from your side with uninvolved side (palm down) until you feel a stretch.

Hold.  
Repeat 6 times.  
Do twice daily.

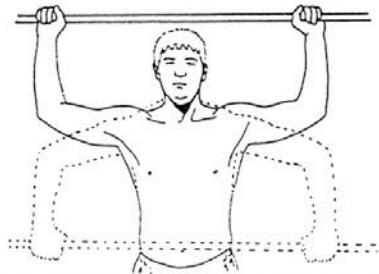


**SHOULDER 16:** (Wand activities): External/Internal Rotation



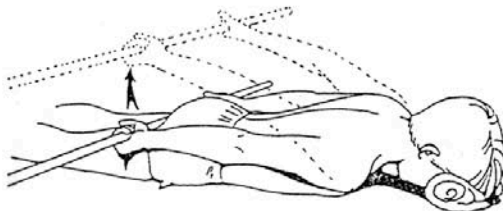
Hold wand with involved side palm up, push with uninvolved side (palm down) out from body while keeping elbow at side until you feel a stretch. Then pull back across body leading with uninvolved side. Be sure to keep elbows bend. Hold. Repeat 6 times. Do twice daily.

**SHOULDER 17:** (Wand activities) External/Internal Rotation



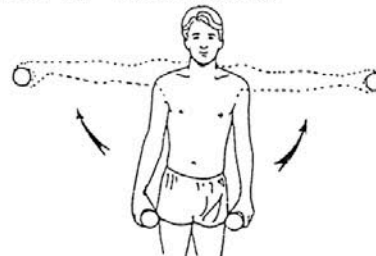
Move wand upward toward head, then down toward waistline. Hold. Repeat 6 times. Do twice daily.

**SHOULDER 18:** (Wand activities) Extension



Lift backward from buttocks until a stretch is felt. Hold. Repeat 6 times. Do twice daily.

**SHOULDER 19:** Abduction (standing)



Raise arms out from body.  
Repeat 6 times with ..... pounds.  
Do twice daily.

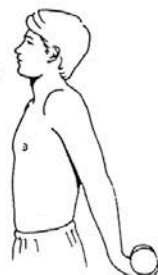
**SHOULDER 20:** Flexion (standing)

Raise arm out in front of body and lift toward ceiling. Keep elbow straight. Repeat 6 times with ..... pounds. Do twice daily.



**SHOULDER 21:** Extension (standing)

Raise arms up and backward while keeping elbow straight. Repeat 6 times with ..... pounds. Do twice daily.



**SHOULDER 22:** External Rotation (sidelying)

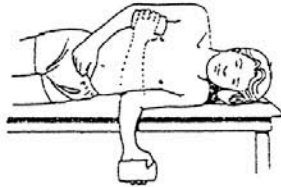


Raise arm up toward ceiling. Keep elbow bent and in at side. Repeat 6 times with ..... pounds. Do twice daily.

# Stretches and Exercises Shoulder Strengthening

# 8

**SHOULDER 23:** Internal Rotation (sidelying)



Bring arm up toward body keeping elbow bent and in at side.  
Repeat 6 times with ..... pounds.  
Do twice daily.

**SHOULDER 25:** Active Resistive Internal Rotation.

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

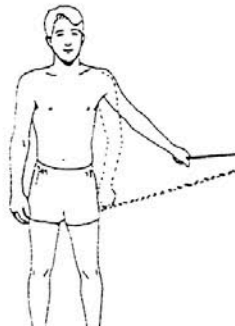
Repeat 6 times.  
Do twice daily.



**SHOULDER 27:** Active Resistive Adduction.

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

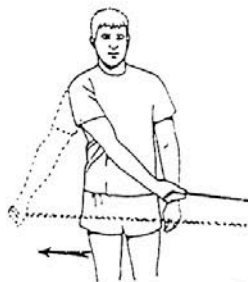
Repeat 6 times.  
Do twice daily.



**SHOULDER 29:** Active Resistive Abduction

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

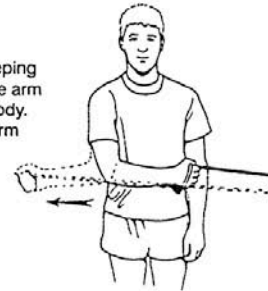
Repeat 6 times.  
Do twice daily.



**SHOULDER 24:** 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.

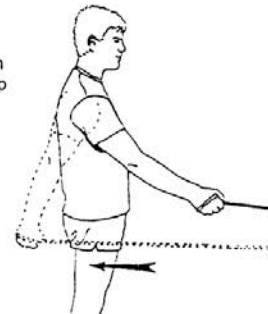
Repeat 6 times.  
Do twice daily.



**SHOULDER 26:** Active Resistive Extension.

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

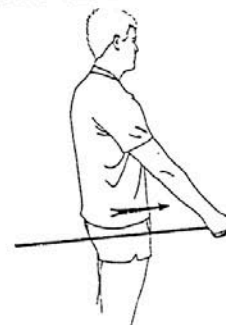
Repeat 6 times.  
Do twice daily.



**SHOULDER 28:** 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 6 times.  
Do twice daily.



**SHOULDER 30:** (Self stretching activities): Extension

Keeping feet shoulder width apart, gently lower body by bending knees until stretch is felt. Hold on to table.

Hold 30 Seconds.  
Repeat 6 times.  
Do twice daily.

