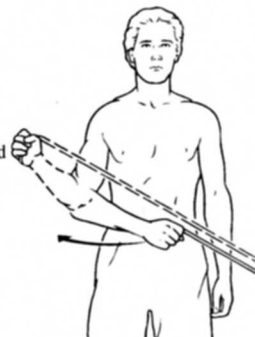


Strengthening exercises in general should be performed 2-4 times per week for a given muscle group, unless otherwise specified. Always perform the exercise on both sides even if we have established that one side is weaker.

Stretching exercises can be performed daily and are best done when the muscles are warm (i.e. - immediately after an aerobic exercise like walking or jogging, or after the strengthening exercises.) Stretching should not hurt; don't stretch beyond a comfortable level. Don't bounce during the stretch. Do breath deeply. Hold each stretch 10-30 seconds. Always stretch both sides even if we have established that one side is tighter.

SHOULDER - 43 Strengthening: Resisted External Rotation

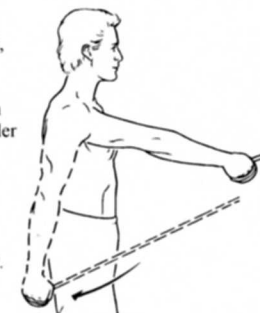
Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out. Be sure to keep the right elbow pinned against the hip throughout the exercise.



Repeat 8-10 times per set.
Do 2-3 sets per session.
Do 2-3 sessions per week

SHOULDER - 45 Strengthening: Shoulder Extension

Stand with good posture. Hold tubing in right hand, palm facing forward. Keeping arm rigid, pull straight back, focusing on squeezing the right shoulder blade towards the left. Hold for one second and then repeat.



Repeat 8-10 times per set.
Switch sides b/w sets.
Do 2-3 sets per session.
Do 2-4 sessions per week.

Quadruped with Rhomboid Isolation



Start on all fours with the chin comfortably tucked. Extend the opposite arm and leg, bringing the arm back to the side with the palm facing down and squeezing the shoulder blades together (arm position is different than pictured.) Hold for one second, and then repeat on other side.

Repeat 5-10 times on each side. Do 2-3 sets.

Doorway Pec Stretch

Stand in an open doorway. Hold onto the door frame with one arm straight and well above 90 degrees. Lean forward and slightly twist away until the stretch is felt through the front of the chest. You may also try extending the wrist and fingers back as pictured which will cause an additional stretch in the forearm.



Scalene Stretch

Go slowly and gently on this one

Stand with the left arm behind the back, and then pull it down further with the right hand. Rotate the head to the right about 45 degrees, and then slowly tilt the head to the right behind the shoulder. The stretch should be felt along the LEFT FRONT-to-SIDE of the neck. Repeat on other side.



SHOULDER - 71 Stretch: Triceps

Gently pull on left elbow until stretch is felt in the back of the arm (triceps.) You may also try grasping the left forearm with right hand and gently pulling down until the stretch is felt. Hold for 10-30 seconds.



SHOULDER - 73 Stretch: Supraspinatus

Pull left arm up behind back by pulling towel up with other arm. Hold for 10-30 seconds.

