

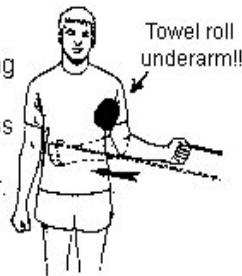
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SHOULDER THERABAND EXERCISES

Shoulder Strengthening Exercises Active Resistive Internal Rotation

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

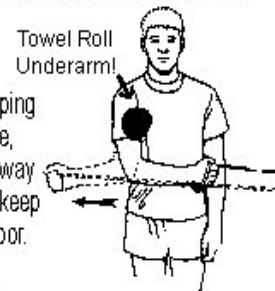
Repeat 15 times.
Do 2-3 sessions daily.



Shoulder Strengthening Exercises Active Resistance External Rotation

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

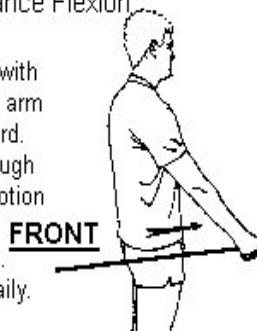
Repeat 15 times.
Do 2-3 sessions daily.



Shoulder Strengthening Activities Active Resistance Flexion

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

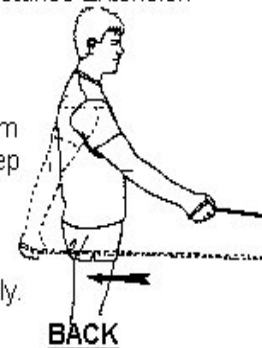
Repeat 15 times.
Do 2-3 sessions daily.



Shoulder Strengthening Exercises Active Resistance Extension

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

Repeat 15 times.
Do 2-3 sessions daily.



Shoulder Strengthening Activities Active Resistance Abduction

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

Repeat 15 times.
Do 2-3 sessions daily.

