

SHOULDER HOME EXERCISE PROGRAM

PATIENT NAME: _____

DATE: _____

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.

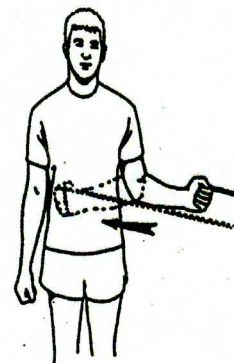
Repeat 30 times.
Do 2 sessions per day.



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.

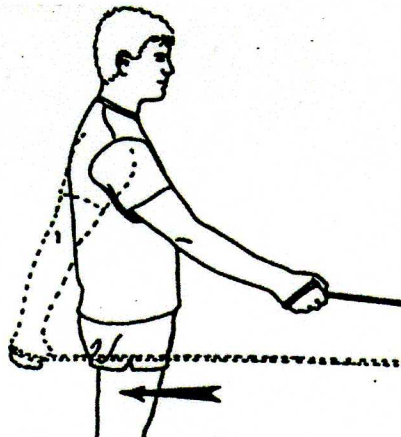
Repeat 30 times.
Do 2 sessions per day.



SHOULDER – 45 Strengthening Activities
Active Resistive Extension

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

Repeat 30 times.
Do 2 sessions per day.



SHOULDER – 46 Strengthening Activities
Active Resistive Adduction

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

Repeat 30 times.
Do 2 sessions per day.

