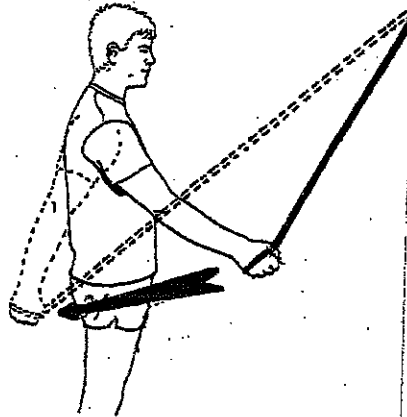


SHOULDER - 45 Strengthening Activities
Active Resistive Extension

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

Repeat _____ times.
Do _____ sessions per day.

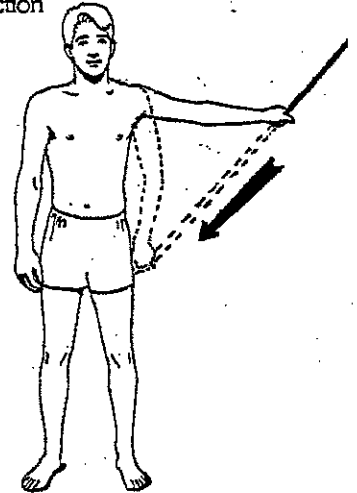


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SHOULDER - 46 Strengthening Activities
Active Resistive Adduction

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

Repeat _____ times.
Do _____ sessions per day.

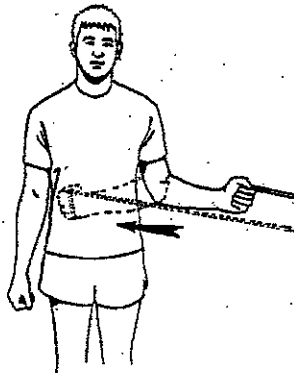


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SHOULDER - 44 Strengthening Activities
Active Resistive Internal Rotation

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

Repeat _____ times.
Do _____ sessions per day.

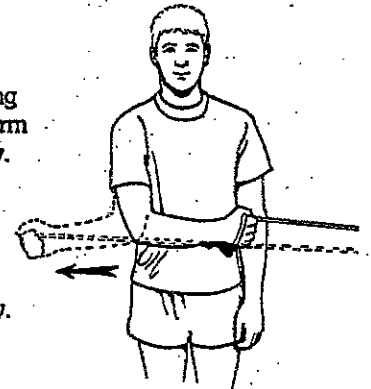


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SHOULDER - 43 Strengthening Activities
Active Resistive External Rotation

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

Repeat _____ times.
Do _____ sessions per day.

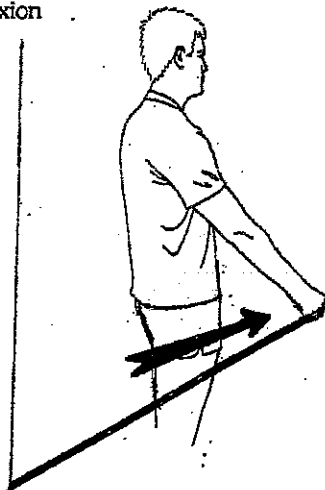


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SHOULDER - 41 Strengthening Activities
Active Resistive Flexion

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

Repeat _____ times.
Do _____ sessions per day.

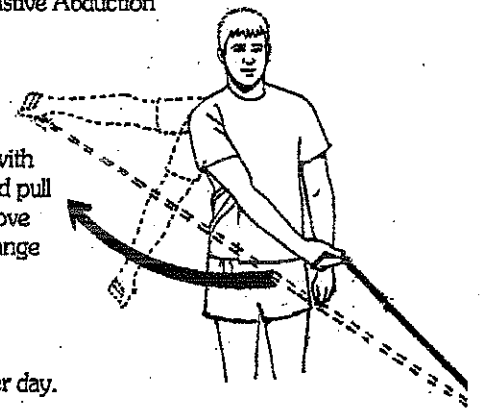


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SHOULDER - 42 Strengthening Activities
Active Resistive Abduction

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

Repeat _____ times.
Do _____ sessions per day.



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