

Scapular Stabilization for Good Posture

SHOULDER - 43
Strengthening Activities: Active Resisted External Rotation

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



Repeat 30-90 times.
Do 1-2 sessions per day.

SHOULDER - 44
Strengthening Activities: Active Resisted Internal Rotation

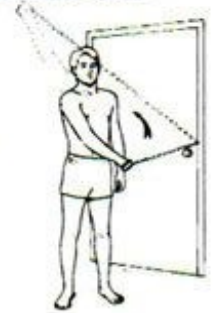
Using tubing, keep elbow in at side and rotate arm inward across body. Be sure to keep forearm parallel to floor.



Repeat 30-90 times.
Do 1-2 sessions per day.

SHOULDER - 49
Strengthening Activities: Active Resisted Diagonal

Using tubing, start with arm across body, palm facing backward. Pull arm across body and over head so palm now faces forward.



Repeat 30-90 times.
Do 1-2 sessions per day.

SHOULDER - 52
Strengthening Activities: Resisted Diagonal Shoulder Extension

Grasp tubing with arm above and behind you. Bring arm down across body. Return slowly to starting position.



Repeat 30-90 times.
Do 1-2 sessions per day.

SHOULDER - 55
Functional Pattern Strengthening Activities: Serving/Throwing

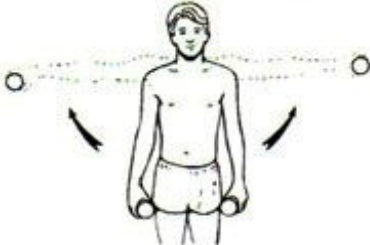
With tubing behind, pull across body as though serving in tennis or throwing a ball.



Repeat 30-90 times.
Do 1-2 sessions per day.



SHOULDER - 67
Progressive Resisted Exercises: Abduction (standing)



Holding 0-5 lb weights, raise arms out to sides.
Repeat 10-30 times. Do 1-2 sessions per day.

SHOULDER - 68
Progressive Resisted Exercises: External Rotation (side-lying)



Holding 0-5 lb weight, raise arm toward ceiling. Keep elbow bent and in at side.
Repeat 30-90 times. Do 1-2 sessions per day.

SHOULDER - 69
Progressive Resisted Exercises: Internal Rotation (side-lying)



Holding 0-5 lb weight, bring arm up toward body, keeping elbow bent and in at side.
Repeat 30-90 times. Do 1-2 sessions per day.

SHOULDER - 74
Supraspinatus Strengthening

Raise arm diagonally from hip to just below shoulder level. Keep elbow straight and thumb pointing down.



Repeat 10-30 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

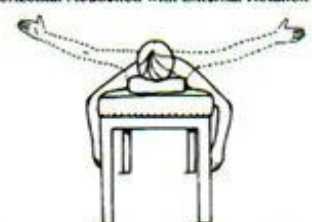
SHOULDER - 75
Scaption with External Rotation

Raise arm diagonally from hip. Keeping elbow straight and thumb pointing up, raise arm above head.



Repeat 10-30 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

SHOULDER - 76
Prone Horizontal Abduction with External Rotation



Raise arms straight out to sides, bringing shoulder blades closer together. Keep elbows straight and thumbs up.
Repeat 10-30 times per set. Do 1 sets per session.
Do 1-2 sessions per day.