
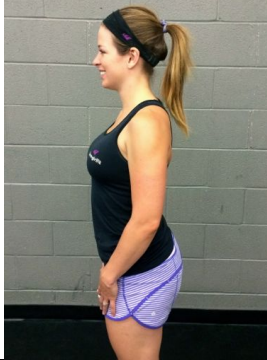




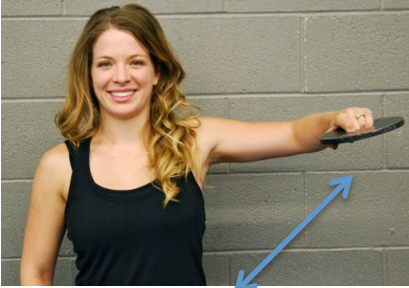




Shoulder Positioning		Poor Posture vs. Good Posture	
	<p><b>Poor Posture</b></p> <p>Slouch, shoulder blades out of socket, loose core, and relaxed buttocks.</p>		<p><b>Good Posture</b></p> <p>Shoulder blades depressed and squeezed together, tight core, tight butt</p>

Neutral Position	Internal Rotation	External Rotation
 <p>Towel between arm and body.</p>	 <p>Using weights or tubing, keep elbow in at side and rotate arm inward across body. Be sure to keep forearm parallel to floor.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>	 <p>Using weights or tubing, keep elbow in at side and rotate arm outward away from body. Be sure to keep arm parallel to floor.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>

<p style="text-align: center;"><b>Abduction of Shoulder</b></p>  <p>Begin in neutral position. (No towel)</p> <p>→</p>	 <p>Keep elbow bent at 90 degrees, raise to shoulder height.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>	<p style="text-align: center;"><b>Abduction of Arm</b></p>  <p>With a straight arm, raise arm to shoulder height. Elbow straight.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>
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<p style="text-align: center;"><b>Front Raise</b></p>  <p>From hip, raise arm (palm down) up fast to shoulder height, and slow down.</p>	<p style="text-align: center;"><b>Forward Flexion</b></p>  <p>Repeat _____ times. Do _____ sessions per week.</p>	<p style="text-align: center;"><b>Hammer Curl</b></p> <p>Same as front raise forward flexion but thumb facing the ceiling from shoulder height to front hip.</p> <p>Repeat _____ times. Do _____ sessions per week</p>
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### Scapation with External Rotation

Raise arm diagonally from hip. Keeping elbow straight and thumb pointing up, raise arm above head. Can be done with weights.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per week



### Shoulder Rotation Down



Starting position is a 90-degree elbow at shoulder height with palm facing down.



Rotate arm back while maintaining a 90-degree elbow at shoulder height.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per week

**"A" Drill on Physio Ball**



Only arms and shoulder blades move... not torso!  
Touch floor with thumbs up and squeeze back as far as possible.

Repeat 10x with thumbs up and then thumbs down.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per week.

**"T" Drill on Physio Ball**



Arms straight and in line with shoulders, touch ground with straight arms, and then squeeze back as far as possible.

Repeat 10x with thumbs up and then thumbs down.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per week.

**"Y" Drill on Physio Ball**



Arms are diagonal from shoulders. Touch ground and squeeze back while maintaining diagonal position.  
Repeat 10x with thumbs up and then thumbs down.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per week .

**"W" Drill on Physio Ball**



Create a "W" shape with bent elbows.  
→



Squeeze back, depress shoulder blades and squeeze

together.

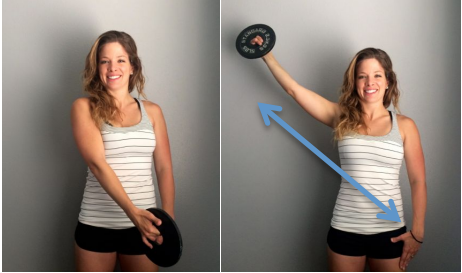
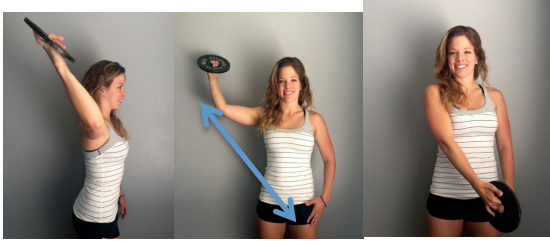
Repeat 10x.


Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per week



Keep Core tight!

Do not round back around ball!

Resistance Band Across body	Low	High
<p>Using tubing, resistance bands, or weights, start with arm across body, palm facing backward. Pull arm across body and overhead so palm faces forward.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>		 <p>Grasp tubing, resistance bands, or weight behind with arm above and slightly behind you. Bring arm down across body. Return slowly to starting position.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>

Dynamic Hug	
<p>Resistance band runs along back and behind arms. Band is grasped in both hands. With a slight bend in elbow, mimic a hug and bring thumbs together.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>	

**"W" Hold Standing**

Create "W" position with arms. Depress shoulder blades and squeeze together. Hold.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per week

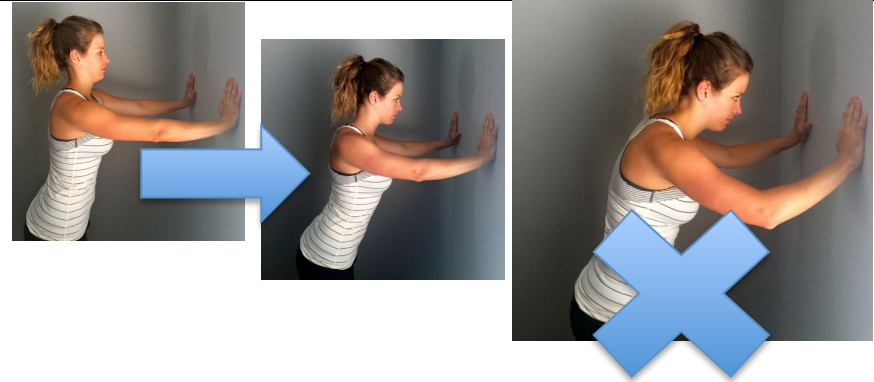




**Serratus Anterior (Against Wall)**

Standing against a wall, squeeze shoulder blades, and press apart. Maintain a straight arm.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per week



<p><b>Weighted Flyes</b></p>	<p>Can also be done with resistance bands...</p>
<p>Using tubing, resistance bands, or weights bring arms back to squeeze shoulder blades together. Maintain a slight bend in elbow. This can be done hinged over or standing straight.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>	<div style="display: flex; justify-content: space-around; align-items: center;">  <div style="text-align: center;">OR</div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 10px;">  </div>

<p><b>Supraspinatus</b></p>	
<p>Raise arm diagonally from hip to just below shoulder level. Keep elbow straight and thumb pointing down.</p> <p>Repeat _____ times. Do _____ sessions per week.</p>	