

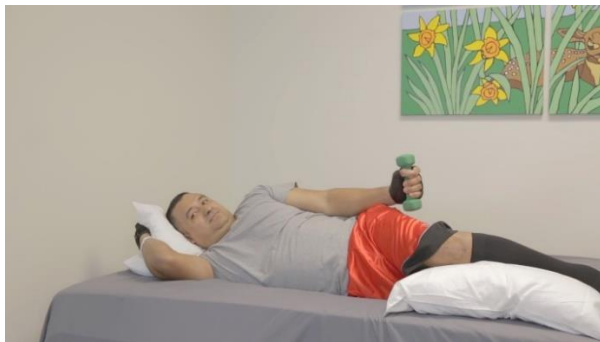


Things to keep in mind while performing exercises:

- Keep shoulder blade set (down and back) before starting each exercise
- Try not to shrug the shoulder during the exercise
- Hold each exercise for at least 1 second before returning slowly to the start position
- Begin by performing 3 sets of 10 repetitions
- A resistance band or weight will increase the difficulty of any exercise
- Pillows or laying next to the wall may assist the upper body from rolling side to side

Abduction

Keep the elbow straight as the arm raises out to side to shoulder height.



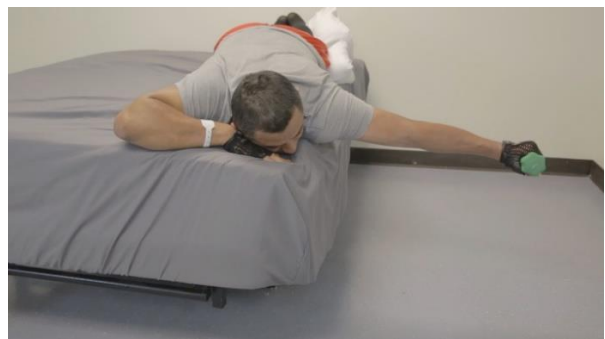
External Rotation

With the elbow bent and tucked at side, rotate arm towards the ceiling.



Reverse Fly in prone

Lift the arm up towards the ceiling out to side.





Push Up on elbows

Press elbows into bed, lifting chest and shoulders.



Push Up in prone

Press arms into bed, lifting chest and shoulders up. Straighten elbows as much as possible.



Rows in prone

Pull elbow up towards ceiling. Keeping elbow bent, squeeze shoulder blade back.



Extension in prone

Raise arm back and at side while keeping elbow straight. Squeeze shoulder blade back.

