

**Things to consider while you exercise:**

- Try not to shrug your shoulders
- Set your shoulder (down and back) before you start any exercise
- You can perform these exercises without any resistance, a resistance band or a weight
- Slowly return to the start position
- Can do some of the exercises one arm at a time
- May use a body bracer or chest strap to support the trunk

**Front Raise**

With thumb up, raise arm while keeping elbow straight.

**External Rotation**

Keep elbow close to side, move wrist away from body with thumb up.



**Reverse Fly**

Keeping arms straight, move arms back to form a T position

**Tricep Kickbacks**

Keep elbow tucked in and straighten arm back.

**Row**

Lift elbow towards the ceiling.

