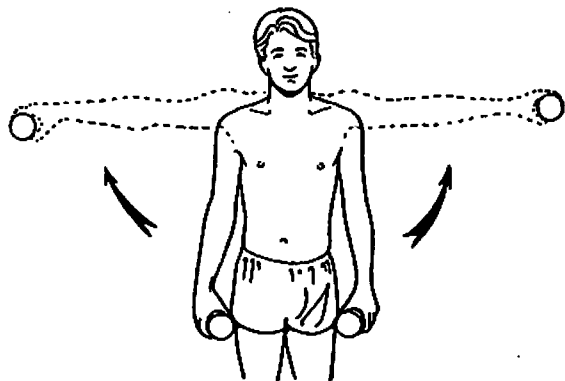


Shoulder Exercises

SHOULDER - 67

Progressive Resistive Exercises: Abduction (standing)



Raise arms out from body.

Repeat _____ times with _____ pounds.

Do _____ sessions per day.

Copyright VHI 1990

SHOULDER - 74 Supraspinatus Strengthening

Bring arm up and forward about 30 degrees from side. Elbow straight, thumb pointing down.



Repeat _____ repetitions/set.

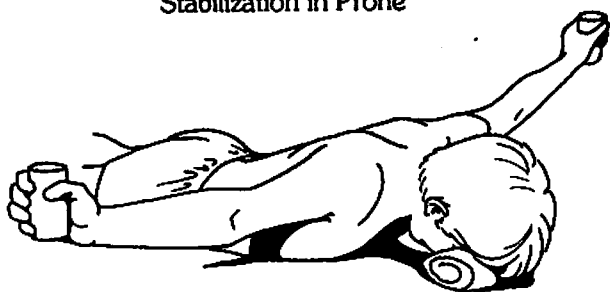
Do _____ sets/session.

Do _____ sessions/day.

Copyright VHI 1992

SHOULDER - 58

Scapular Exercises
Stabilization in Prone



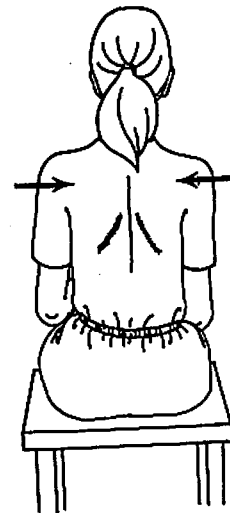
Raise both arms off of floor with _____ lbs. Keep elbows straight.

Hold _____ seconds. Repeat _____ times.

Do _____ sessions per day.

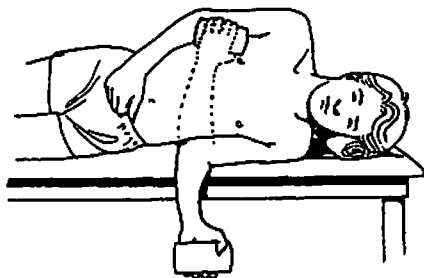
Copyright VHI 1990

Scapular Adduction — Active
Pinch shoulder blades together. Do not shrug shoulders.
Hold _____ counts.
Repeat _____ times.



SHOULDER - 69

Progressive Resistive Exercises
Internal Rotation (sidelying)



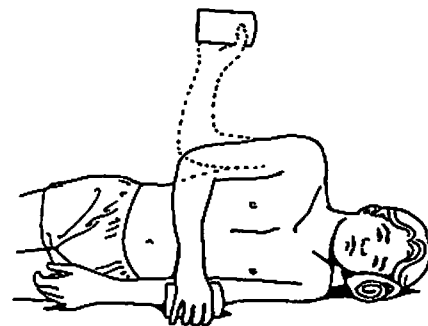
Bring arm up toward body keeping elbow bent and in at side.

Repeat _____ times with _____ pounds.

Copyright VHI 1990

SHOULDER - 68

Progressive Resistive Exercises
External Rotation (sidelying)



Raise arm up toward ceiling. Keep elbow bent and in at side.

Repeat _____ times with _____ pounds.

Do _____ sessions per day.

Copyright VHI 1990