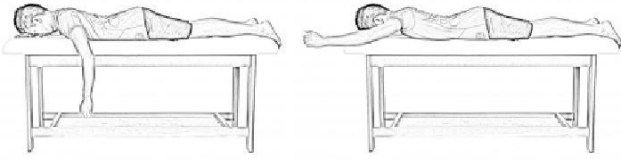


Shoulder B HEP

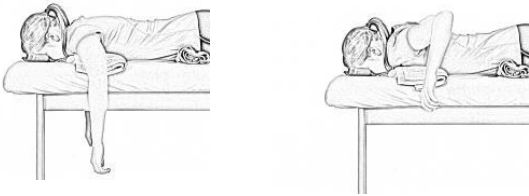
1. Y's



- Lie on a bed or table with one arm hanging off edge
- Lift the arm parallel to the floor in a Y position (30° from the midline of the body) with the thumb pointing up and lower it slowly not all the way down then lift back up.
- Repeat on the other side.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

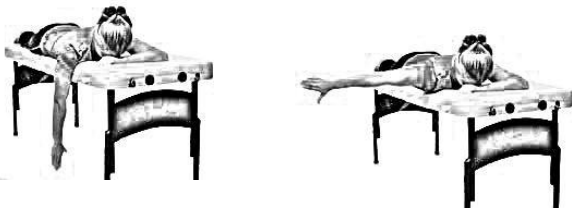
2. Modified T



- Lie on a bench face down with a rolled towel under your forehead, your arms hanging over the edge and your elbows bent.
- Raise your elbow upward while squeezing your shoulder blades together.
- Lower your arms and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

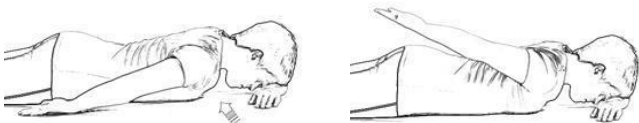
3. T's



- Lie face down on a bed with arms hanging off the bed, palm facing feet and thumb facing down.
- Pull the tip of your shoulder back and raise your right arm up to shoulder level while keeping your elbow straight.
- Slowly lower your arm and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

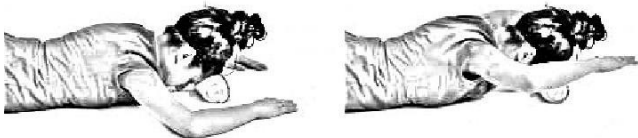
4. I's



- Lie on your stomach with your head supported and your chin tucked-in.
- Pull the tip of your shoulder back and raise your arm backward as high as you can.
- Lower your arm slowly and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

5. Swim



- Lie on your stomach, face down with your arms overhead, elbows bent and thumbs pointing upward.
- Lift your elbows and hands off the surface while pulling your shoulder blades together and downward.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

6. Scaption



- Stand with elastic in hands, arms at sides, elbows straight and thumbs up.
- With shoulders down and back, raise your arms diagonally between your side and front to shoulder level.
- Return to the starting position.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

7. Strengthening PNF: Diagonal 1



- Stand and tie an elastic on affected side above head level.
- Hold one end of elastic with your palm facing forward and your arm up and out from your side.
- Pull down and across to end with your hand at opposite hip with your palm facing in.
- Return to the starting position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

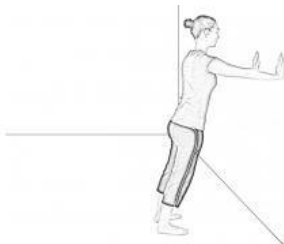
8. Strengthening PNF: Diagonal 2



- Stand and hold the end of an elastic with your palm facing your body.
- Pull your arm out to the side and up to the ceiling ending with your palm facing the opposite direction.
- Return to the initial position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

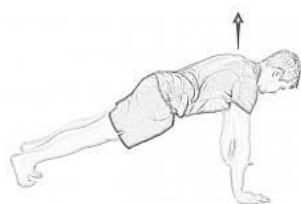
9. Scapular protraction: Wall



- Stand facing a wall and put your hands against the wall with your elbows straight.
- Staying in this position, protract the scapula as to push yourself farther from the wall.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

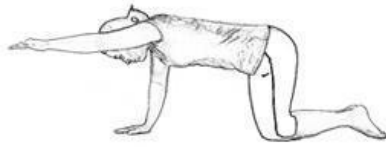
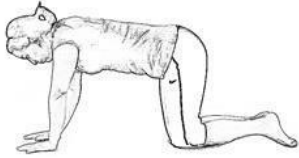
10. Push-Up With Protraction



- In a push-up position, lower the body then extend the elbows to push yourself back up and protract the scapula as to push yourself farther from the floor.
- Do not drop the head as you lower yourself.
- Do not arch the lower back.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

12. All Fours:
Arms



- Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
- Have your back in neutral position and your chin tucked in.
- Activate your lower abdominals by bringing your belly button inward and by activating your pelvic floor muscles 20 to 30% of a maximal contraction
- Lift one arm overhead keeping your back in neutral position and your chin tucked-in.
- Return to initial position and repeat with the other arm.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

13.
Aligator



- Lie on your unaffected side with a weight in your hand
- Place your arm straight in front of you (perpendicular to the body)
- and support it with your unaffected arm.
- Slowly move the weight upwards until it is in line with the body.
- Return to initial position and repeat.

Sets: _____ Repetition: _____
Weight: _____ Frequency: _____

