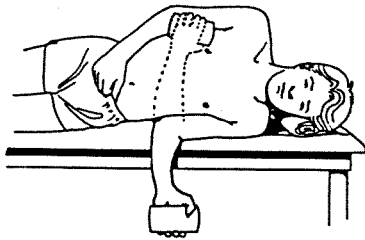


Shoulder Strengthening.

SHOULDER - 69

Progressive Resistive Exercises
Internal Rotation (sidelying)



Bring arm up toward body keeping elbow bent and in at side.
Repeat _____ times with _____ pounds.
Do _____ sessions per day.

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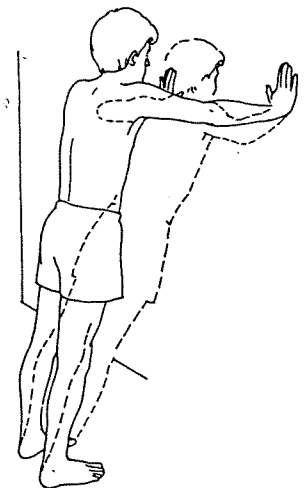
SHOULDER - 81

Wall Push-Ups

With arms slightly wider apart than shoulder width and feet _____ inches / feet from the wall, gently lean body in toward wall.

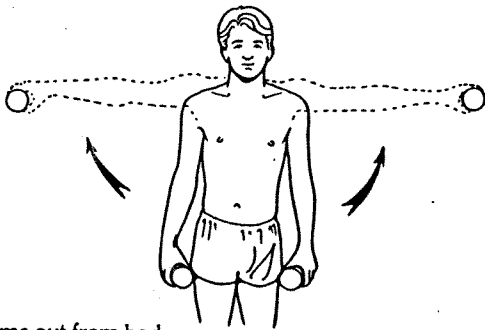
Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

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SHOULDER - 67

Progressive Resistive Exercises: Abduction (standing)

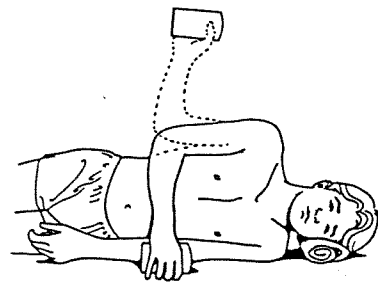


Raise arms out from body.
Repeat _____ times with _____ pounds.
Do _____ sessions per day.

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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.

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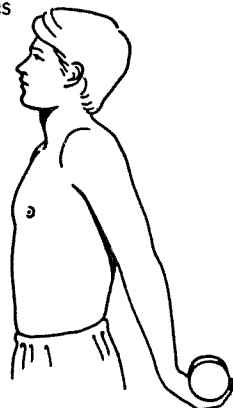
SHOULDER - 66

Progressive Resistive Exercises
Extension (standing)

Raise arms up and backward while keeping elbow straight.

Repeat _____ times,
with _____ pounds.
Do _____ sessions per day.

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SHOULDER - 64

Progressive Resistive Exercises
Flexion (standing)

Raise arm out in front of body and lift toward ceiling. Keep elbow straight.

Repeat _____ times,
with _____ pounds.
Do _____ sessions per day.

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