

**Stretch shld capsule inferior**

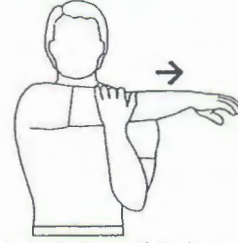


- Raise involved arm over and behind head, elbow bent.
- Grasp elbow or wrist of involved arm with uninvolved arm.
- Pull gently until a stretch is felt.

**Perform 1 set of 10 Repetitions, three times a day.**

Hold exercise for 10 Seconds.

**Stretch shld capsule posterior w/arm**

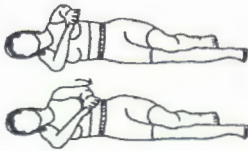


- Bring involved arm across in front of body as shown.
- Hold elbow with other arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.

**Perform 1 set of 10 Repetitions, three times a day.**

Hold exercise for 10 Seconds.

**Stretch shld posterior capsule sidelying**



- Lie on involved side.
- Position involved arm out away from side.
- Use other arm and gently push forearm of involved arm downward.
- Hold and repeat.

**Perform 1 set of 10 Repetitions, three times a day.**

Hold exercise for 10 Seconds.

**Stretch shld IR w/towel**



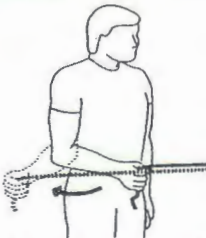
- Place involved arm behind back as far as possible.
- Hold other arm over shoulder with towel as shown.
- Grasp towel with involved arm.
- Slowly pull upward with uninvolved arm until a gentle stretch is felt.
- Hold, relax and repeat.

**Perform 1 set of 10 Repetitions, three times a day.**

Use Towel.

Hold exercise for 10 Seconds.

**Resist shld ER uni w/elastic**



- Attach elastic to secure object at elbow height.
- Sit or stand, uninvolved side toward elastic.
- Arm at side, elbow bent.
- Grasp elastic, move forearm away from elastic.
- Return to starting position.

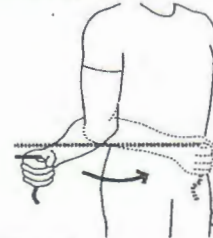
**Perform 3 sets of 30 Repetitions, once a day.**

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld IR uni w/elastic**



- Secure elastic at waist level.
- Sit or stand with involved side to elastic, elbow at 90, arm at side.
- Grasp elastic and pull hand inward, across body, as shown.
- Slowly return to start position and repeat.

**Special Instructions:**

Keep arm at side.

**Perform 3 sets of 30 Repetitions, once a day.**

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

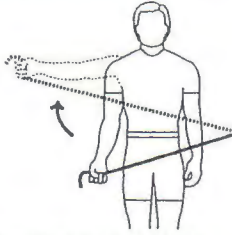
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These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

**Resist shld abd (horiz emphasis) uni w/elastic**



- Attach elastic to secure object at waist level.
- Stand with involved side away from elastic, as shown.
- Begin with arm at side, elbow straight, holding elastic, palm forward.
- Raise arm upward, out to side to shoulder level.
- Return to starting position.

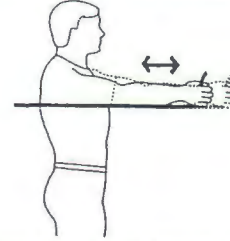
Perform 3 sets of 30 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld protract uni stand w/elastic**



- Attach elastic to secure object at shoulder height.
- Face away, grasp elastic in hand with elbow straight, arm in front, as shown.
- Push arm forward.
- Slowly return to start position.

Perform 3 sets of 30 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld bent row w/elastic**



- Secure elastic under opposite foot.
- Hold elastic in involved arm.
- Slightly bend hips and knees and support upper body with other arm as shown.
- Pull up on elastic, raising elbow to shoulder height.
- Slowly return to start position and repeat.

**Special Instructions:**

Contract abdominal muscles and maintain a neutral spine, not allowing trunk to twist.

Perform 3 sets of 30 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld Supraspinatus lift bil w/elastic**



- Secure elastic under foot.
- Hold arms out from sides at 45 degrees as shown.
- Hold elastic in hands with thumbs down.
- Lower and raise arms.

**Special Instructions:**

Do not raise past shoulder level.

Perform 3 sets of 30 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld scaption w/elastic**



- Stand on elastic.
- Begin with arm at side, elbow straight, holding elastic, thumb up.
- Raise arm in a position halfway between the front and side, over head.
- Slowly return to starting position.

Perform 3 sets of 30 Repetitions, once a day.

Use green Elastic.

Rest 1 Minute between sets.

**AROM shld circum w/ball**



- Hold a ball against the wall with involved arm.
- Keep elbow straight and push firmly on ball.
- Move ball side to side and up and down.

**Special Instructions:**

Keep arm straight.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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