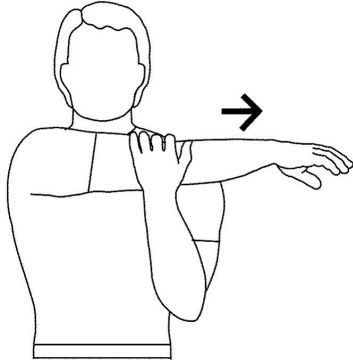
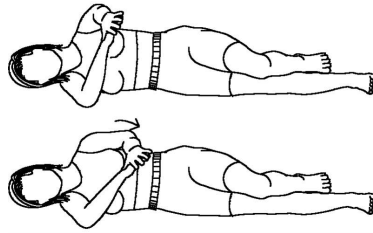


Stretch shld capsule posterior w/arm



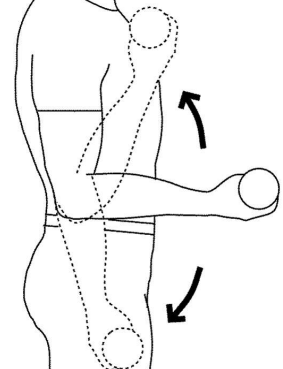
Perform 1 set of 5 Repetitions, twice a day.
Hold exercise for 10 Seconds.

Stretch shld posterior capsule sidelying



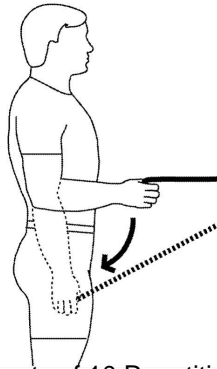
Perform 1 set of 5 Repetitions, twice a day.
Hold exercise for 10 Seconds.

Resist elbow flx uni w/wt



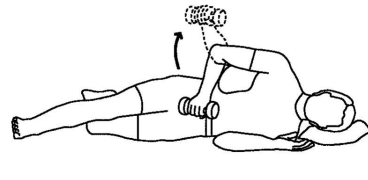
Perform 3 sets of 10 Repetitions, once every other day.
Use 3 Lbs.

Resist elbow ext w/elastic



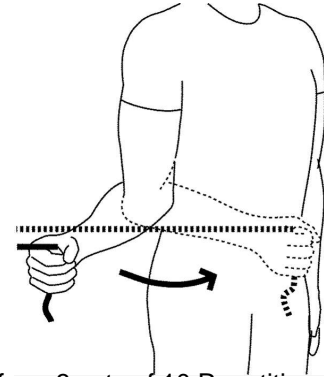
Perform 3 sets of 10 Repetitions, once every other day.
Use 3 Elastic.

Resist shld ER sidelying (arm abd) w/wt



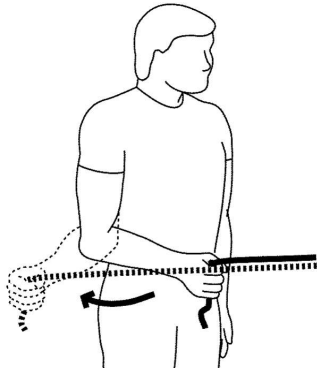
Perform 3 sets of 10 Repetitions, once every other day.
Perform 1 repetition every 4 Seconds.

Resist shld IR uni w/elastic



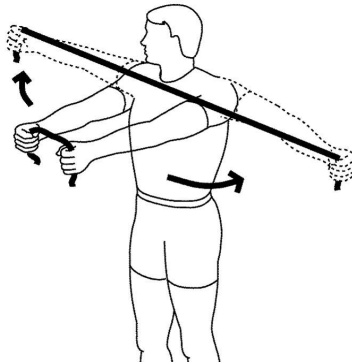
Perform 3 sets of 10 Repetitions, once every other day.
Use red Elastic.

Resist shld ER uni w/elastic



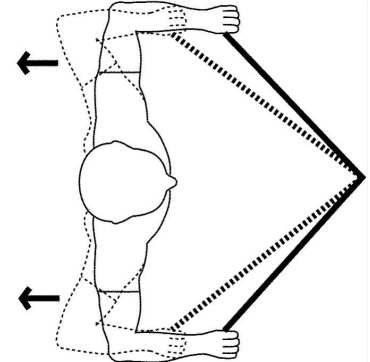
Perform 3 sets of 10 Repetitions, once every other day.
Use red Elastic.

Resist shld horiz abd bil w/elastic



Perform 3 sets of 10 Repetitions, once every other day.
Use red Elastic.

Resist shld retract bil stand w/elastic



Perform 3 sets of 10 Repetitions, once every other day.
Use red Elastic.

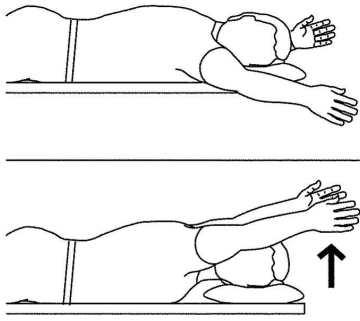
Issued By: Rocky Mountain Orthopaedics PT

Signature: _____

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

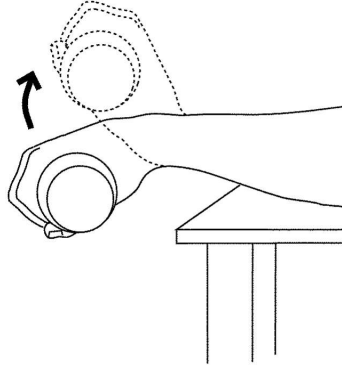
Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

AROM shld flx bil prone thumb up



Perform 3 sets of 10 Repetitions, once a day.

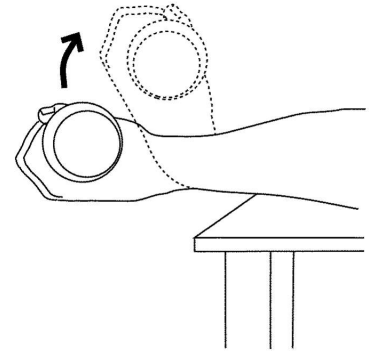
Resist wrist ext w/wt



Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.

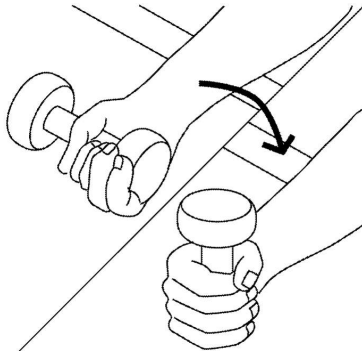
Resist wrist flx w/wt



Perform 3 sets of 10 Repetitions, once every other day.

Use 3 Lbs.

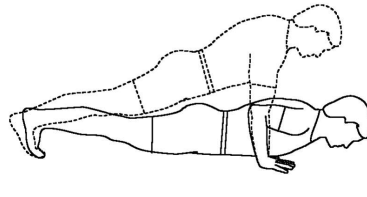
Resist wrist pron w/wt



Perform 3 sets of 10 Repetitions, once every other day.

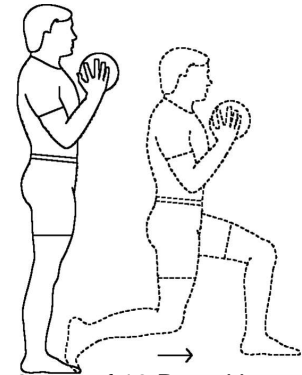
Use 3 Lbs.

Plank



Perform 1 set of 20 Repetitions, once every other day.

Resist knee forward lunge w/ Medicine Ball



Perform 3 sets of 10 Repetitions, once every other day.

Use 10 Lbs (Medicine Ball).

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Signature: _____

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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.