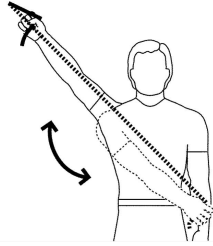


Resist shld diag D2 ext w/elastic

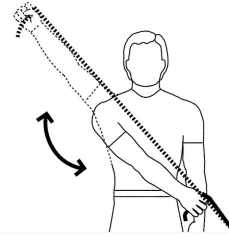


- Attach elastic to secure object above head level.
- Begin with arm up and out from side as shown.
- Grasp elastic, palm forward and pull down and across.
- End with hand at opposite hip, palm inward.
- Return to start position and repeat.

Perform 1 set of 30 Repetitions, once every other day.

Use blue Elastic.

Resist shld diag D2 flx w/elastic



- Attach elastic to secure object at floor level.
- Begin with arm crossed over trunk, holding elastic, palm inward, at opposite hip.
- Raise arm up and diagonally across, ending with palm facing forward.
- Slowly return to start position and repeat.

Special Instructions:

Do not twist at trunk.

Perform 1 set of 30 Repetitions, once every other day.

Use blue Elastic.

Resist shld overhead press uni w/wt

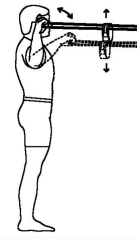


- Sit or stand.
- Hold weight in hand of involved arm, arm at side, elbow bent, as shown.
- Lift weight up and overhead.
- Return to start position and repeat.

Perform 1 set of 30 Repetitions, once every other day.

Use 5 Lbs.

Resist shld ER plyometric w/elastic/weight

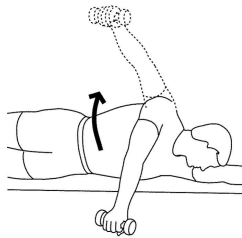


- Attach elastic to secure object at about shoulder height.
- Hold arm out to side at 90 degrees, with elbow bent to 90.
- Stand facing towards from elastic and grasp elastic.
- Pull backward and forward rapidly.

Perform 1 set of 30 Repetitions, once every other day.

Use blue Elastic.

Resist shld horiz abd uni sidelying w/wt high level

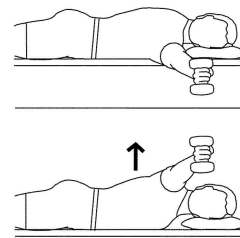


- Lie on uninvolved side, arm straight out in front, elbow straight, weight in hand.
- Lift arm up as shown, focus on lowering.
- Return to start position.

Perform 1 set of 30 Repetitions, once every other day.

Use 5 Lbs.

Resist shld horiz abd uni prone thumb up w/wt



- Hold weight in hand, thumb up.
- Lie on stomach with arm extended overhead at 45 degrees as shown.
- Lift arm upward slightly above head.

Perform 1 set of 30 Repetitions, once every other day.

Use 5 Lbs.

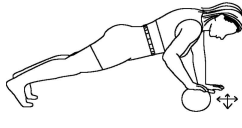
Issued By: Rocky Mountain Orthopaedics PT

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 push up circum w/ball

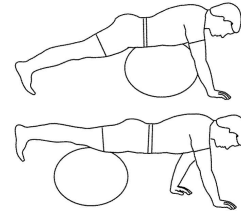


- Begin in push up position with one arm on small ball.
- Move ball side to side and up and down.
- Repeat

Perform 3 sets of 5 Repetition, once every other day.

Use Ball.

AROM lumbar arm walk prone w/Ball



- Lie face down over ball as shown, arms shoulder distance apart.
- Position low back in proper posture.
- Walk forward on arms.
- Return to start position and repeat.

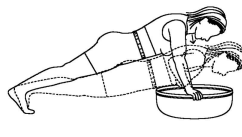
Special Instructions:

Maintain proper low back position.

Perform 3 sets of 1 Minute, once every other day.

Use Ball.

AROM shld push up w/BOSU

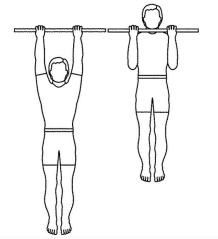


- Place BOSU domed side down.
- Place balls of feet on floor with straight legs and place hands on sides of BOSU as shown.
- Perform a push up.
- Lower and repeat.

Perform 3 sets of 20 Repetitions, once every other day.

Use BOSU.

AROM shld pull-up palms in



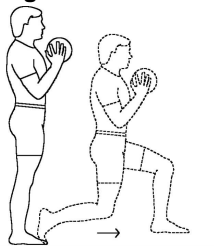
- Place hands on pull-up bar, palms in.
- Slowly pull chin up to bar and lower back down.
- Repeat.

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

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist knee forward lunge w/ Medicine Ball



- Hold medicine ball to chest.
- Step forward holding ball at chest.
- Step back to standing.
- Repeat using other leg.

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

Use 20 Lbs (Medicine Ball).

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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