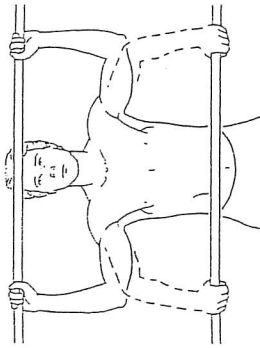


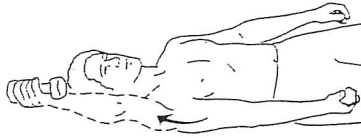
ATLANTA BONE AND JOINT SPECIALISTS

SHOULDER - 4 ROM: External / Internal Rotation - Wand



Bring wand up over head, then down toward waistline. Hold each position 10 seconds. Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

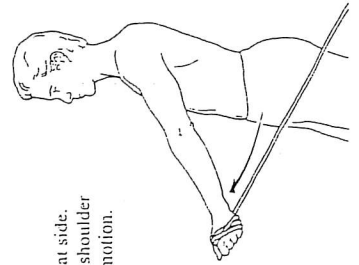
SHOULDER - 75 Strengthening: Scaption -- with External Rotation



Holding 10 pound weight, raise right arm diagonally from hip to above head. Keep elbow straight, thumb up.

Repeat 10 times per set. Do 3 sets per session. Do 1 sessions per day.

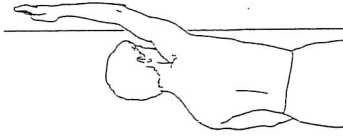
SHOULDER - 41 Strengthening: Resisted Flexion



Hold tubing with right arm at side. Pull forward and up. Move shoulder through pain-free range of motion.

Repeat 10 times per set. Do 3 sets per session. Do 1 sessions per day.

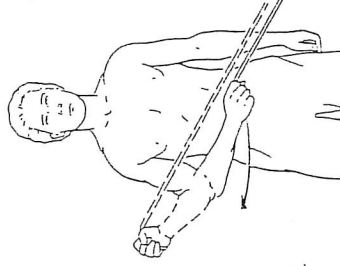
SHOULDER - 8 ROM: Flexion (Alternate)



Slide right arm up wall, with palm out, by leaning toward wall. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

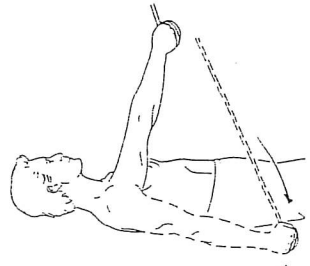
SHOULDER - 43 Strengthening: Resisted External Rotation



Hold tubing in right hand, elbow at side and forearm across body. Rotate forearm out.

Repeat 10 times per set. Do 3 sets per session. Do 1 sessions per day.

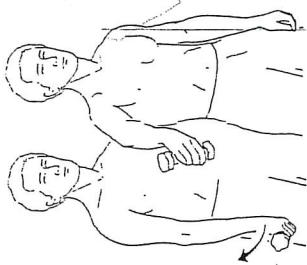
SHOULDER - 45 Strengthening: Resisted Extension



Hold tubing in right hand, arm forward. Pull arm back, elbow straight.

Repeat 10 times per set. Do 3 sets per session. Do 1 sessions per day.

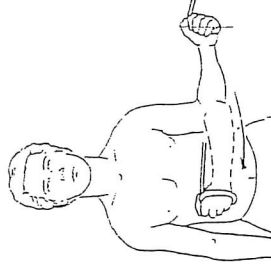
SHOULDER - 74 Supraspinatus Strengthening



Holding 10 pound weight, raise right arm diagonally from hip to just below shoulder level. Keep elbow straight, thumb down.

Repeat 10 times per set. Do 3 sets per session. Do 1 sessions per day.

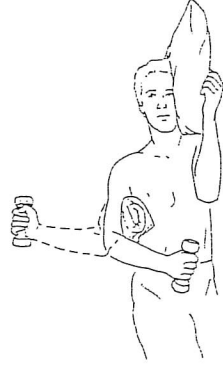
SHOULDER - 44 Strengthening: Resisted Internal Rotation



Hold tubing in right hand, elbow at side and forearm out. Rotate forearm in across body.

Repeat 10 times per set. Do 3 sets per session. Do 1 sessions per day.

SHOULDER - 68 Progressive Resisted: External Rotation (Side-Lying)



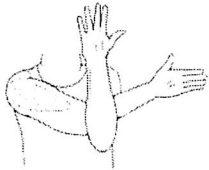
Holding 10 pound weight, towel under arm, raise right forearm toward ceiling. Keep elbow bent and at side.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

ATLANTA BONE AND JOINT SPECIALISTS

Posterior Shoulder Stretching Program

Complete __ sets of __ repetitions __ times a day.



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



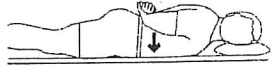
*Lie on your side on a flat surface.
*Bring involved arm across in front of body as shown.
*Push down on hand toward table.
*Gently pull across chest until a stretch is felt in the back of shoulder.



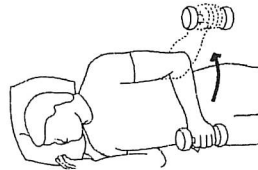
*Raise involved arm over and behind head, elbow bent.
*Grasp elbow or wrist of involved arm with uninvolved arm.
*Pull gently.



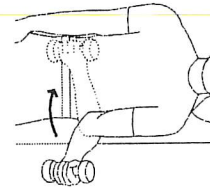
*Hold involved arm over shoulder with towel as shown.
*Grasp towel with uninvolved arm.
*Slowly pull downward with uninvolved arm until a gentle stretch is felt, in back of shoulder.



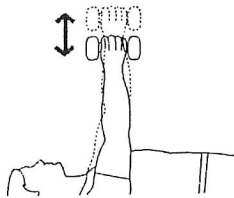
*Lie face down, place hand behind back as far as possible.
*Try to relax into stretch.
*A small pillow may be placed between upper arm and floor, to make stretch less intense.



*Lie on involved side, elbow bent at 90 degrees, arm at side.
*With or without weight, pull hand inward across body, as shown.



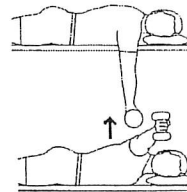
*Lie on involved side, elbow bent at 90 degrees, arm at side.
*With or without weight, pull hand inward across body, as shown.



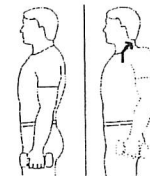
*Lie on back, arm straight and extended.
*Move arm up toward ceiling as far as possible as shown.



*Slightly bend hips and knees and support upper body with other arm as shown.
*Lift arm up, raising elbow to shoulder height.



*Lie face down, arms down and thumbs upward.
*Raise arms and hands to shoulder height, keeping elbows straight and squeezing shoulder blades together.



*Stand with arms at side, with or without weight.
*Raise shoulders upward towards ears, and roll backwards.