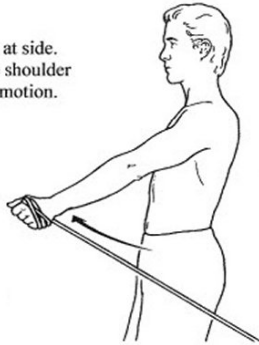


Shoulder Theraband Strength Exercises

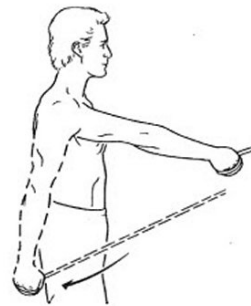
Strengthening: Resisted Flexion

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



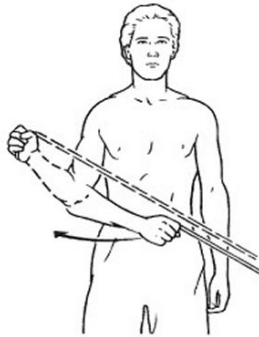
Strengthening: Resisted Extension

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



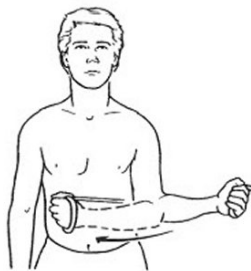
Strengthening: Resisted External Rotation

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



Strengthening: Resisted Internal Rotation

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



Strengthening: Resisted Abduction

Hold tubing with right arm across body. Pull up and away from side. Move through pain-free range of motion.



Strengthening: Resisted Adduction

Hold tubing in right hand, arm out. Pull arm toward opposite hip. Do not twist or rotate trunk.



Do Not Cause Pain.

HOLD: ☐5 ☐10 REPS: ☐5 ☐10 SETS: ☐1 ☐2 ☐3

☐ Ice After Exercises, and 20 Mins Every Hour

Name _____ Date _____ Dr. _____