

**ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER**

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time. Video # VVFXGN8KJ

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

**ELASTIC BAND SHOULDER INTERNAL ROTATION - IR**

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time. Video # VVLPTLVFQ

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

**ELASTIC BAND SHOULDER EXTENSION**

While holding an elastic band in front of you with your elbows straight, pull the band down and back towards your side. Video # VVWRHUPX8

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### ELASTIC BAND SHOULDER ADDUCTION

While holding an elastic band away from your side, pull the band towards your side. Keep your elbow straight. Video # VV5E6JSRM

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body. Video # VVPJEVESW

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### ELASTIC BAND SHOULDER FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight. Video # VV59PW4K2

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

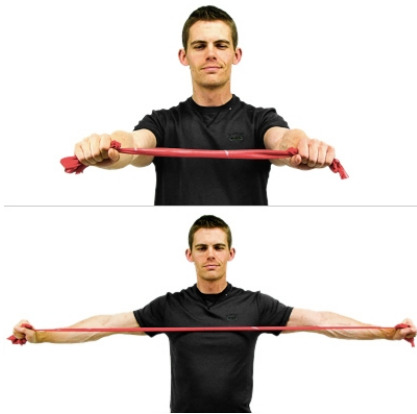


### ELASTIC BAND SHOULDER ABDUCTION

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight. Video # VVY79DN6E

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side. Video # VVPZZBUNZ

Repeat 10 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day

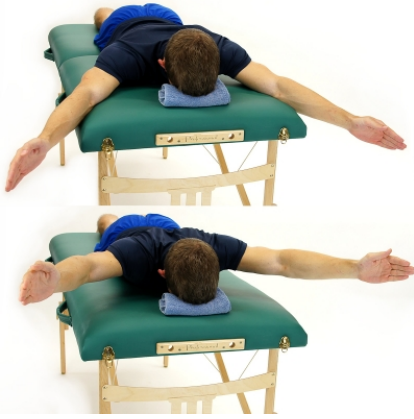


### SERRATUS WALL SLIDE

Place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling. Next, protract your shoulder blades forward and then slide your arms up the wall as shown. Then, return to original position and repeat. Video # VVXFWWPAH

Repeat 15 Times  
Complete 3 Sets

Hold 1 Second  
Perform 1 Times a Day



### PRONE Y

Lying face down with your arms stretched out upwards as shown, slowly move your arms upward towards the ceiling as you squeeze your shoulder blades downward and towards your spine. Video # VV8XKNKTL

Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day



### PRONE T - BILATERAL - THUMBS UP

Lie face down with your elbow straight and arms out to the side. Next, set your scapula by retracting it towards your spine and downward towards your feet. Then, slowly raise your arms towards the ceiling keeping your elbow straight the entire time as shown.

Your thumbs should be pointed in the upward direction as your arm raises. Video # VVN89QFES

Repeat 10 Times  
Complete 2 Sets

Hold 1 Second  
Perform 1 Times a Day



### DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway. Video # VVXV7ZRP4

Repeat 1 Time  
Complete 3 Sets

Hold 30 Seconds  
Perform 1 Times a Day



## SIDELYING INTERNAL ROTATION STRETCH - IR SLEEPER STRETCH

Start by lying on your side with the affected arm on the bottom. Your affected arm should be bent at the elbow and forearm pointed upwards towards the ceiling as shown. Next, use your unaffected arm to gently draw your affected forearm towards the table or bed for an inward stretch.

Hold, relax and repeat. Video # VVYZR3QLL

Repeat 1 Time

Hold 30 Seconds

Complete 2 Sets

Perform 1 Times a Day