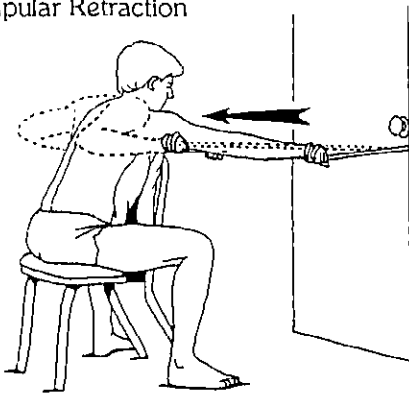


BACK - 43 Bilateral Scapular Retraction

Wrap tubing around both fists. Pull arms back while bringing shoulder blades together as if rowing a boat.



Repeat 10 Repetitions/set.
Do 2-3 Sets/session.
Do 1 Sessions/day.

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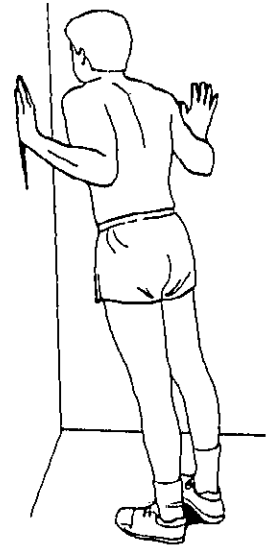
CERVICAL SPINE - 24

Flexibility: Corner Stretch

Standing in corner with hands at shoulder level and feet 2-3 feet from corner, lean forward until a comfortable stretch is felt across chest.

Hold 30 seconds.
Repeat 3 times.
Do 3 times per day.

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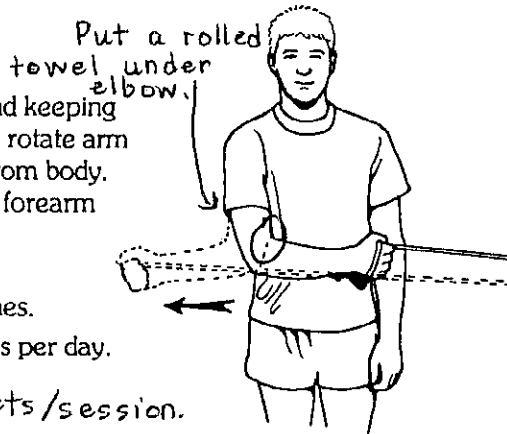


SHOULDER - 43 Strengthening Activities
Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.

Repeat 10 times.
Do 1 sessions per day.

Do 2-3 sets/session.



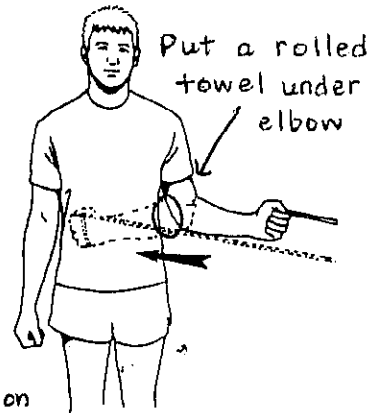
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SHOULDER - 44 Strengthening Activities
Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.

Repeat 10 times.
Do 1 sessions per day.

Do 2-3 sets/session

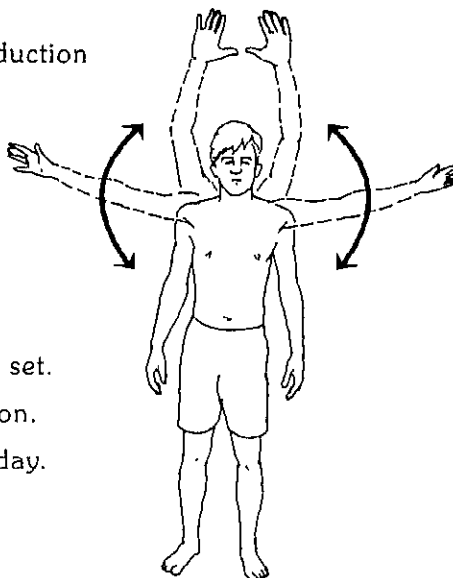


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SHOULDER - 84
Standing Shoulder Abduction

Bring arms straight out from sides and raise as high as possible without pain.

Repeat 10 times per set.
Do 2-3 sets per session.
Do 1 sessions per day.

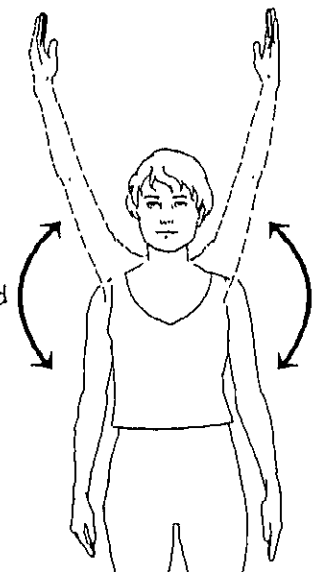


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SHOULDER - 83
Standing Shoulder Flexion

Bring arms straight out in front and raise as high as possible without pain. Keep palm oriented toward your head

Repeat 10 times per set.
Do 2-3 sets per session.
Do 1 sessions per day.



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