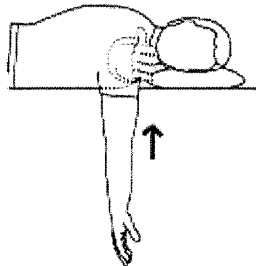
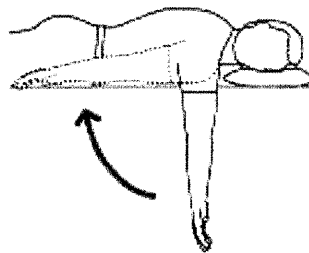


# Shoulder Strengthening Program



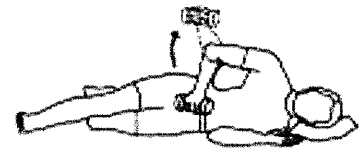
## ***Prone Horizontal Abduction***

- Lie face down on bed, involved arm down and thumb outward
- Raise arm upward to shoulder level, hand shoulder height, keep elbow straight
- Use muscles between shoulder blades to lift arm
- Lower arm to floor and repeat
- Repeat 3 sets of 10 repetitions



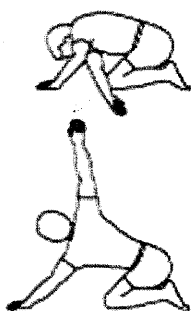
## ***Prone Arm Extension***

- Lie on stomach, involved arm down, thumb outward
- Keep elbow straight, and lift arm up to trunk level as shown
- Return to start position
- Repeat 3 sets of 10 repetitions
- May use water bottle for weight as advised by professional



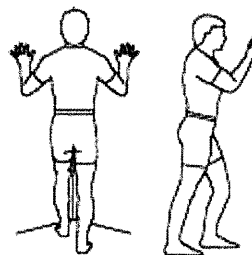
## ***Resisted External Rotation***

- Lie on side, involved side up
- Place pillow between arm and body
- Squeeze shoulder blade and lift arm as shown
- Repeat 3 sets of 10 repetitions
- May use water bottle for weight as advised by professional



## ***Quadruped Thoracic Rotation***

- Begin on hand and knees with bottom on heels
- Bend downward moving elbow to opposite knee, keeping arm straight
- Rotate backward raising straight arm toward ceiling
- Repeat with other side
- Complete 3 sets of 10 repetitions



## ***Pectoralis Stretch***

- Stand in corner
- Place arms at chest level on wall
- Gently step forward, keeping back straight
- Return to start position
- Hold 30 seconds
- Repeat 3 times



## ***Scapular Retraction***

- Stand with arms at side, elbows bent to 90 degrees
- Squeeze shoulder blades together as the arms rotate back and out
- Relax and repeat 30 times