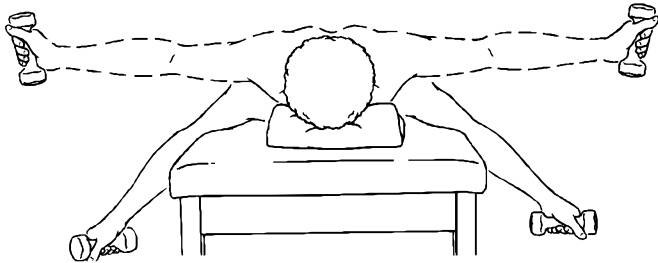


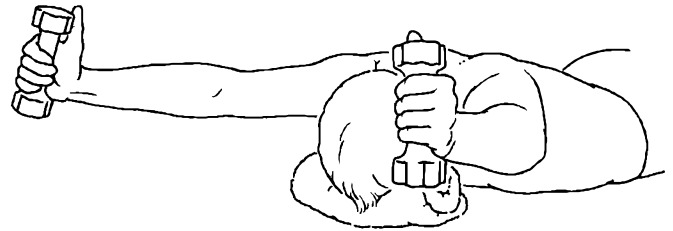
**SHOULDER - 76 Strengthening:**  
Horizontal Abduction – with External Rotation (Prone)



Holding light weights, raise arms out from sides, pinching shoulder blades. Keep elbows straight, thumbs up. Pause for 1-2 seconds at top.

Repeat 15-20 times per set. Do 2-3 sets per session.  
Do 2-3 sessions per week.

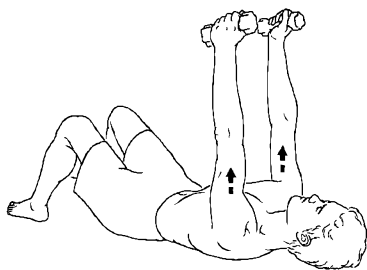
**SHOULDER - 59 Scapular: Flexion (Prone)**



Lie on exercise bench with arms hanging down (as per #1), holding light weights, raise both arms up and forward at about 110 degrees. Keep elbows straight and thumbs up.

Repeat 15 times per set. Do 2-3 sets per session.  
Do 2-3 sessions per week.

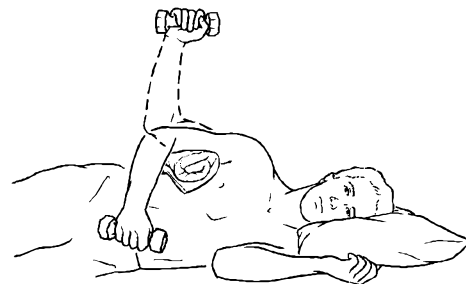
**SHOULDER - 57 Scapular: Protraction – 90° of Flexion**



Holding medium weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor. This can be done in bench press position or in push up position. It is important to keep the elbows straight (all movement should be at the shoulders).

Repeat 15 times per set. Do 2-3 sets per session.  
Do 2-3 sessions per week.

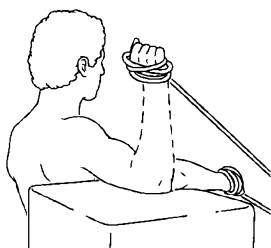
**SHOULDER - 68 Progressive Resisted:**  
External Rotation (Side-Lying)



Holding light weight, small towel under arm, raise right forearm toward ceiling. Keep elbow bent and at side. Repeat to other side.

Repeat 15-20 times per set. Do 2-3 sets per session.  
Do 2-3 sessions per week.

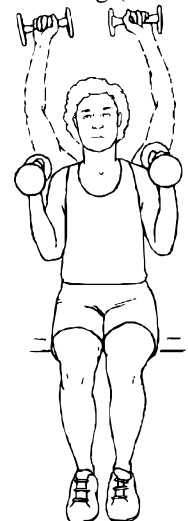
**SHOULDER - 78 Strengthening:**  
External Rotation – in 90° of Abduction



Facing anchor, tubing around right hand, elbow bent 90°, forearm forward, pull forearm back, keeping elbow bent. This may also be done using dumbbells in a prone (face down) position on a bench.

Repeat 15-20 times per set. Do 2-3 sets per session.  
Do 2-3 sessions per week.

**SHOULDERS - 2 Rotator Cuff Press: Sitting (Dumbbell)**



Palms out, press to level with top of ears only, (picture is of a slightly different exercise).

Do 2-3 sets.  
Complete 25-30 repetitions.  
Do 2-3 times per week.