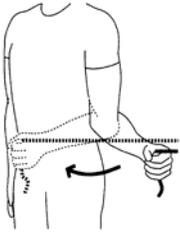


# Shoulder Strengthening Program

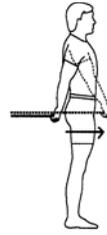
Complete \_\_ sets of \_\_ repetitions \_\_ times a day.



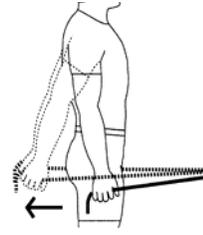
\*Secure elastic at waist level.  
\*Hold elbow at 90 degrees arm at side.  
\*Pull hand across body as shown.



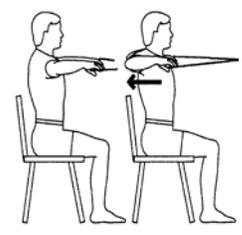
\*Secure elastic at waist level.  
\*Hold elbow at 90 degrees arm at side.  
\*Pull hand away from body as shown.



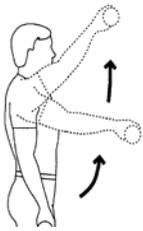
\*Secure elastic at waist level.  
\*Arm at side fully extended.  
\*Pull hand forward, keeping elbow straight.



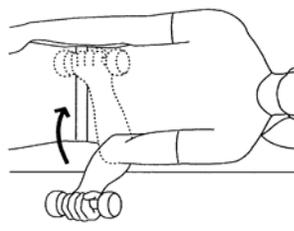
\*Secure elastic at waist level.  
\*Arm at side fully extended.  
\*Pull hand backward, keeping elbow straight.



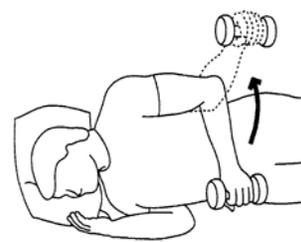
\*Attach elastic to secure object.  
\*With elastic in hands, sit in chair with proper posture.  
\*Squeeze shoulder blades together, as shown.



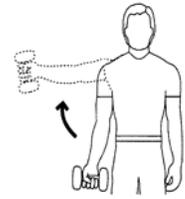
\*Start with arm at side, elbow straight, thumb up.  
\*Raise arm up to shoulder height, and if instructed, overhead, as shown.



\*Lie on involved side, elbow bent at 90 degrees, arm at side.  
\*With or without weight, pull hand inward across body, as shown.



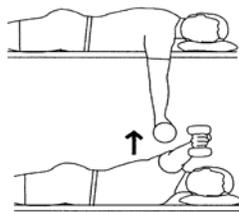
\*Lie on side, involved side up.  
\*Arm at side, elbow bent, with or without weight.  
\*Move hand up as shown



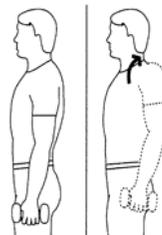
\*Hold arm at side, elbow straight, palm forward.  
\*Raise arm upward, out to side.



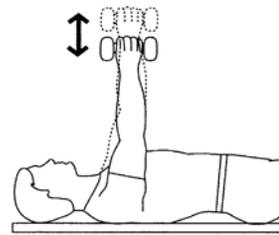
\*Slightly bend hips and knees and support upper body with other arm as shown.  
\*Lift arm up, raising elbow to shoulder height.



\*Lie face down, arms down and thumbs upward.  
\*Raise arms and hands to shoulder height, keeping elbows straight and squeezing shoulder blades together.



\*Stand with arms at side, with or without weight.  
\*Raise shoulders upward towards ears, and roll backwards.



\*Lie on back, arm straight and extended.  
\*Move arm up toward ceiling as shown.



\*Hold arm out from side, thumb up, at 45 degrees as shown.  
\*Raise arm to shoulder level.



Vanderbilt Sports Medicine  
Knee Center and Shoulder Center