SHOULDER - 26 ROM: Pendulum (Circular)

Let left arm move in circle clockwise, then counterclockwise, by rocking body weight in circular pattern.

Circle 10 times each direction per set. Do 3 sets per session. Do 1-2 sessions per day.

SHOULDER - 44 Strengthening: Resisted Internal Rotation

Hold tubing in left hand, elbow at side and forearm out. Rotate forearm in across body.

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

CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet 18 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.

Repeat 3 times per set. Do 1 sessions per day.

BACK - 43 Rowing (scapular retraction)

Facing anchor, pull arms back, bringing shoulder blades together.

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

SHOULDER - 43 Strengthening: Resisted External Rotation

Hold tubing in left hand, elbow at side and forearm across body. Rotate forearm out.

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