SHOULDER - 26 ROM: Pendulum (Circular)

Let right 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.

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 right hand, elbow at side and forearm out. Rotate forearm out.

Repeat _10_ times per set.
Do _3_ sets per session.
Do _1_ sessions per day.

SHOULDER - 43 Strengthening: Resisted Internal Rotation

Hold tubing in right hand, elbow at side and forearm 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.

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