



1: Resisted Horizontal Abduction with Band

- START WITH THE ARM ACROSS THE CHEST AND THE ELBOW STRAIGHT.
- MOVE THE ARM OUTWARD ACROSS THE BODY AS FAR AS YOU CAN

Sets: 2 Reps: 10 Sessions: 2 Everyday **Resistance: As Tolerated Hold Time: 5s**



2: Row Long Sitting with Resistance

- Seated on floor OR standing with band around both feet or attached securely
- Slowly pull arms straight back, bending elbows and squeezing shoulder blades together

Sets: 2 Reps: 10 Sessions: 2 Everyday **Resistance: As Tolerated Hold Time: 5s**



3: Resisted External Rotation with Band -- Bilateral

- BEND BOTH ELBOWS 90 DEGREES.
- HOLDING THE BAND WITH BOTH HANDS AND KEEPING
- THE ELBOWS AT YOUR SIDE THROUGHOUT THE MOVEMENT SEPARATE YOUR HANDS APART

Sets: 2 Reps: 10 Sessions: 2 Everyday **Resistance: As Tolerated Hold Time: 5s**