



1: Resisted Short Arc Flexion with Weight

- Stand with arm extended out in front of you, weight in hand
- Keeping arm straight, raise hand up toward ceiling to top of head
- Keep arc from waist to head

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



2: Resisted Abduction with Weights in Standing

- Stand with arms by side, weights in each hand
- Slowly lift arms out to side to shoulder height

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



3: Row Unilateral with Hip Hinge

- Bend forward with one arm hanging down, keeping spine straight
- Pull elbow toward ceiling and squeeze shoulder blade inward

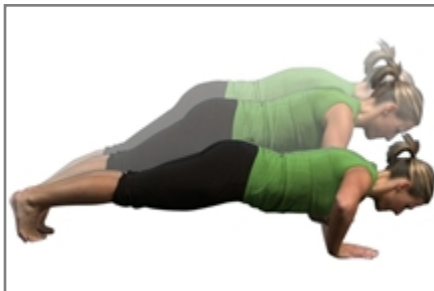
Sets: 2 **Reps:** 10 **Sessions:** 2 Everyday **Resistance:** As Tolerated **Hold Time:** 5s



4: Shoulder Press -- Short Arc with Weights

- Place dumbbells (or similar weight) in each hand while sitting
- With elbows and hands slightly out to your side, raise hands up toward ceiling
- Stop hands just above your head

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



5: Push Up Plus

- Do push up, keeping spine straight
- At the top of push-up, round out your upper back (hollow out your chest)

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