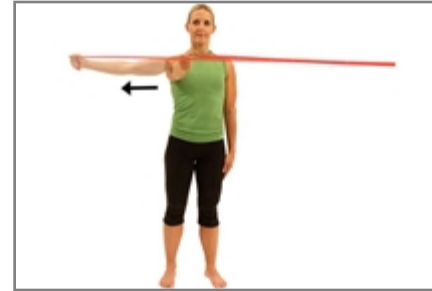


1: Resisted Internal Rotation with Band

- Anchor band midway up door / wall
- Hold band with inside arm, elbow bent to 90 degrees
- Keeping elbow bent and at side, rotate hand inward toward body against resistance of band

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



2: 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



3: Resisted External Rotation with Band

- Anchor band mid way up door
- Arm at side with elbow bent to 90 degrees
- Grasp band and move hand away from door, keeping elbow bent to 90 degrees and close to side

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



4: 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