



**Notes :**

**1 Bilateral arm flexion**



Lie on your back with your knees bent and your back in neutral position (slightly arched).  
Maintain a steady abdominal breathing while you raise both arms up, keeping your back flat on the floor. Turn your arms so that you are leading with your thumbs  
Return slowly to the initial position and repeat.

Sets: 1-2 Reps: 10 Weight: 1-8#

**2 Shoulder abduction**



Lie on your side with your arm straight along your body.  
Turn your arm so your thumb is facing up toward the ceiling.  
Pull the tip of your shoulder backward and raise your arm to 90 degrees or as high as you can, leading with your thumb.  
Slowly return to the initial position and repeat.

Sets: 1-2 Reps: 10 Weight: 1-8#

**3 Active ROM Horiz. ABD**



Lie on unaffected side with affected arm out in front at 90 degrees (parallel with the floor)  
with elbow straight and palm facing down.  
Pull the tip of your shoulder blade back and slowly lift the arm up keeping it straight without rolling your body.  
Return to the starting position and repeat.

Sets: 1-2 Reps: 10 Weight: 1-8#

**4 ER with scapula setting**



Lay down with the affected side up.  
Place your arm along your side and bend your elbow to 90 degrees.  
Slightly pull back the shoulder blade squeezing toward your spine while you raise the forearm up away from your body.  
Keep your elbow at your side the entire time.  
Slowly lower back down and repeat

Sets: 1-2 Reps: 10 Weight: 1-8#

**5 Elbow flexion with DB**



Standing with your arm against your side and the palm facing inward, bend your elbow upward turning the palm up as you progress.  
Lower slowly to the starting position and repeat.

Sets: 1-2 Reps: 10 Weight: 1-8#



## 6 Bilateral elbow flexion (band)



Stand up on the center of the elastic holding both ends in your hands. Keep your back straight and pull the elastic towards your shoulders by bending your elbows. Return to the initial position and repeat.

Sets: 1-2 Reps: 10 Weight: med to hard band

## 7 Strengthening triceps



Tie an elastic in front of you at waist height. Hold the elastic with your hand (thumb facing up and elbow bent). Straighten your elbow so your arm comes down to your side. Return to the starting position and repeat.

Sets: 1-2 Reps: 10 Weight: med to hard band

## 8 Triceps kick backs



Lean over a table or chair with your other arm as a support. Hold a weight in the other hand and push the elbow back, keeping it bent. Straighten your elbow to raise your hand backward without moving the elbow or upper arm. Return to the starting position and repeat.

Sets: 1-2 Reps: 10 Weight: 1-8#

## 9 Elastic row



Anchor a band in front of you and hold the two extremities while standing up and pulling your navel slightly in. Pull on the band by bringing the elbows to your sides at the same time. You can also alternate the movement by pulling one arm at a time in by your side while the other stays extended. As that arm returns to the starting position, pull with the opposite arm. Repeat.

Sets: 1-2 Reps: 10 Weight: med to hard band



**Notes :**



**1 Bilateral arm flexion**

Sets: 1-2 Reps: 10 Weight: 1-8#

GEN42548



**2 Shoulder abduction**

Sets: 1-2 Reps: 10 Weight: 1-8#

GEN16246



**3 Active ROM Horiz. ABD**

Sets: 1-2 Reps: 10 Weight: 1-8#

XGEN1533



**4 ER with scapula setting**

Sets: 1-2 Reps: 10 Weight: 1-8#

GEN281231



**5 Elbow flexion with DB**

Sets: 1-2 Reps: 10 Weight: 1-8#

GEN102702



**6 Bilateral elbow flexion (band)**

Sets: 1-2 Reps: 10 Weight: med to hard band

GEN301145



**7 Strengthening triceps**

Sets: 1-2 Reps: 10 Weight: med to hard band

XGEN1568



**8 Triceps kick backs**

Sets: 1-2 Reps: 10 Weight: 1-8#

XGEN1564



**9 Elastic row**

Sets: 1-2 Reps: 10 Weight: med to hard band

GEN95271