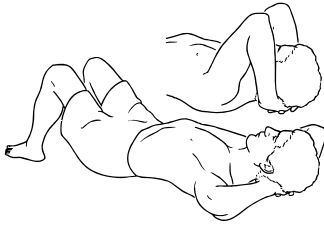


Upper Extremity Home Program

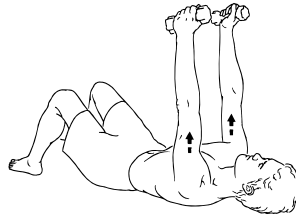
SHOULDER - 56 Scapular: Retraction in External Rotation



With hands clasped behind head, elbows up, pull elbows back, pinching shoulder blades together.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

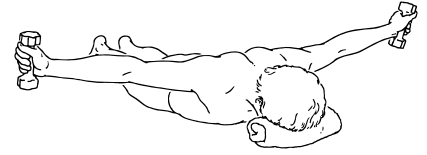
SHOULDER - 57 Scapular: Protraction - 90° of Flexion



Holding 2-5 pound weights, attempt to push arms up toward ceiling, keeping elbows straight and back against floor.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

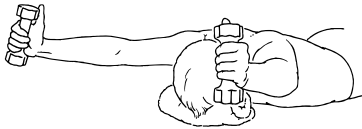
SHOULDER - 58 Scapular: Stabilization (Prone)



Holding 2-5 pound weights, raise both arms out from sides. Keep elbows straight.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

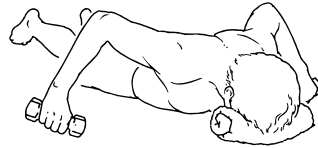
SHOULDER - 59 Scapular: Flexion (Prone)



Holding 2-5 pound weights, raise both arms forward. Keep elbows straight.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

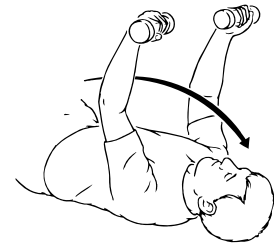
SHOULDER - 60 Scapular: Retraction (Prone)



Holding 2-5 pound weights, keep arms out from sides and elbows bent. Pull elbows back, pinching shoulder blades together.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-3 sessions per day.

SHOULDER - 63 Progressive Resisted: Flexion (Supine)

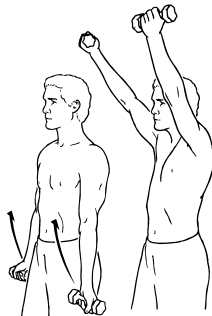


Holding 2-5 pound weight, raise arms over head and lower toward floor. Go as far as possible without pain.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

SHOULDER - 64 Progressive Resisted: Flexion (Standing)

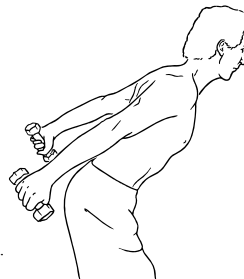
Holding 2-5 pound weights, raise arms toward ceiling. Keep elbows straight.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

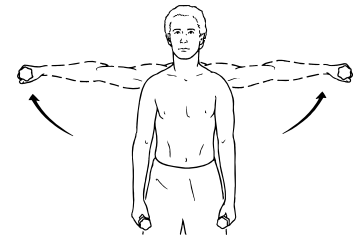
SHOULDER - 66 Progressive Resisted: Extension (Standing)

Holding 2-5 pound weights, raise arms back, keeping elbows straight.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

SHOULDER - 67 Progressive Resisted: Abduction (Standing)

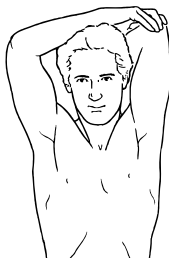


Holding 2-5 pound weights, raise arms out from sides.

Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

SHOULDER - 71 ROM: Inferior Capsule Stretch

Gently pull on raised elbow with other hand until stretch is felt in shoulder. Hold 20-30 seconds.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

SHOULDER - 72 ROM: Posterior Capsule Stretch

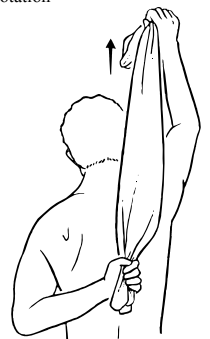
Gently pull on forward elbow with other hand until stretch is felt in shoulder. Hold 20-30 seconds.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.

SHOULDER - 73 ROM: Towel Stretch - with Interior Rotation

Pull arm up behind back by pulling towel up with other arm. Hold seconds.



Repeat 8-10 times per set. Do 2-3 sets per session. Do 1-2 sessions per day.