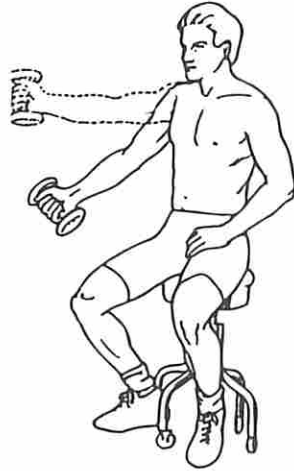


ROTATOR CUFF STRENGTHENING

SCAPULAR PLANE ELEVATION

Sit or stand facing a wall. Keep thumbs pointed toward ceiling. Raise arm to shoulder level, keeping arms 45° forward of your body (aim toward corners of room).

Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



EMPTY CAN

Sit or stand facing wall. Keep thumbs pointed toward floor. Raise arms upward, keeping arms 45° forward of body. Raise arms to height BELOW shoulder level. Return to starting position.

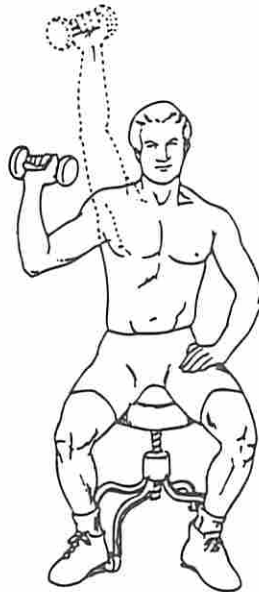
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



SHOULDER PRESS

Sit or stand. Start with elbow at side and hand in line with shoulder. Raise arm overhead. Lower arm slowly, back to start position.

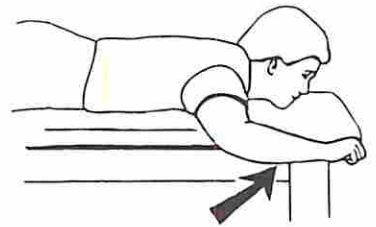
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



EXTERNAL ROTATION (PRONE)

Lie, face down, on a firm surface. Keep upper arm at 90° to trunk and resting on surface. Keep elbow at 90°. Start with palm toward feet. Rotate arm, upward, so that palm faces floor. Slowly return to start position.

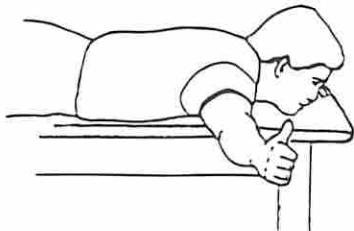
Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.



ROTATOR CUFF STRENGTHENING (CONTINUED)

PRONE RAISE (90°)

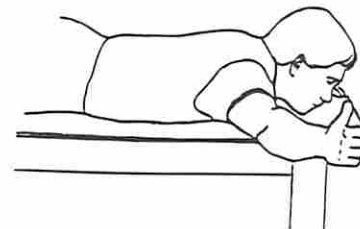
Lie face down on a firm surface. Allow arm to "hang" toward the floor at 90° to body. Keep thumbs pointed toward ceiling. Raise arm upward. Lower arm slowly to original position.



Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.

PRONE RAISE (100°)

Lie face down on a firm surface. Allow arm to "hang" toward the floor at 100° to body. Keep thumbs pointed toward ceiling. Raise arm upward. Lower arm slowly to original position.



Repeat 10 times/set.
Perform 3 sets/session.
Perform 1 sessions/day.