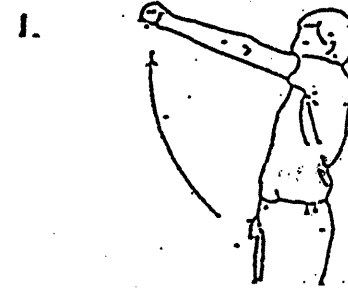


SHOULDER STRENGTHENING EXERCISES

RUBBERBAND UNDER FOOT:

1. FLEXION

1. Elbow straight
2. Back of hand facing upward
3. Raise arm out in front of body



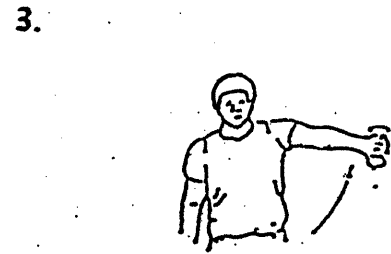
2. ABDUCTION

1. Elbow straight
2. Hand rotated outward with thumb up
3. Raise arm away from side



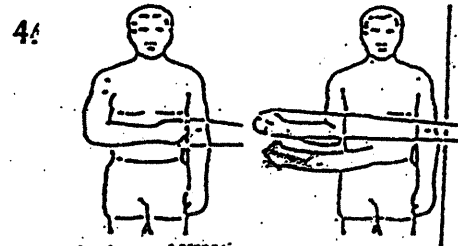
3. SUPRASPINATUS (EMPTY CAN)

1. Elbow straight
2. Hand rotated inward with thumb down
3. Raise arm away from your side to eye level at 30 degree angle to the body



4. EXTERNAL ROTATION:

1. Band on door knob



5. INTERNAL ROTATION:

1. Band on door knob

