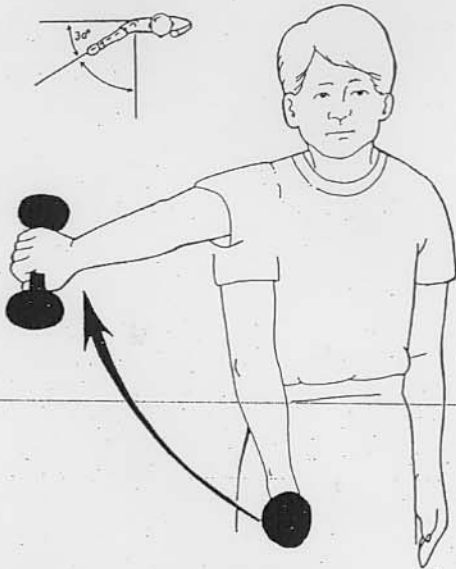
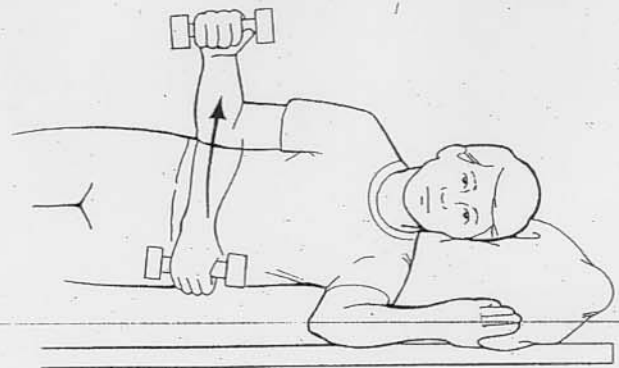


# Shoulder Pre-Hab. Program



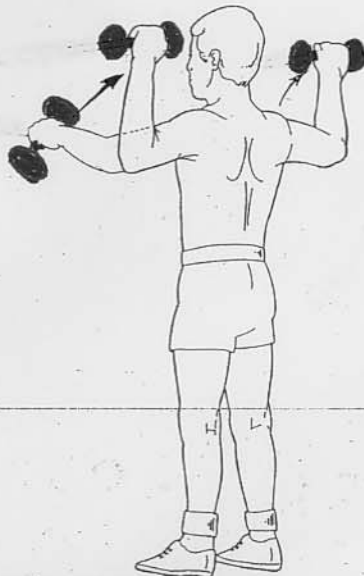
SHOULDER ABDUCTION

1. Hold \_\_\_\_\_ lb weight in \_\_\_\_\_ hand
  2. Place arm at side with thumb turned downward
  3. Raise arm upward, to just below shoulder height as shown
  4. Make sure the arm is positioned 30 degrees forward as you raise it (see small diagram)
  5. Hold \_\_\_\_\_ seconds
  6. \_\_\_\_\_ repetitions, \_\_\_\_\_ times a day
- Goal \_\_\_\_\_



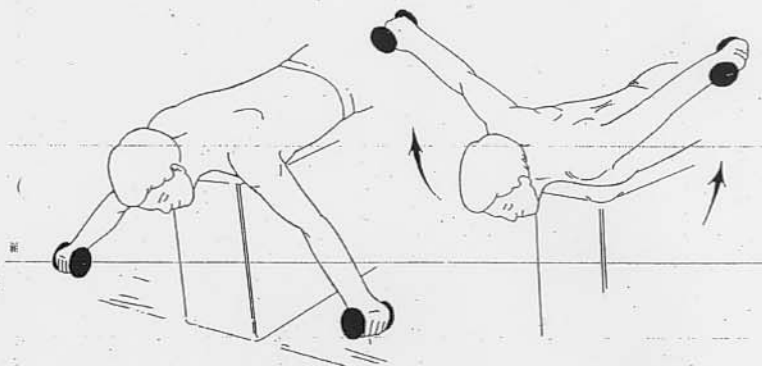
SHOULDER EXTERNAL ROTATION

1. Hold a \_\_\_\_\_ lb weight in your \_\_\_\_\_ hand
  2. Lie on side so that arm holding weight is on top
  3. Rotate arm upward, keeping elbow bent as shown
  4. Hold \_\_\_\_\_ seconds and slowly lower
  5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times a day
- Goal \_\_\_\_\_



SHOULDER EXTERNAL ROTATION

1. Anchor rubber tubing to solid object
  2. Grasp rubber tubing in both hands
  3. Hold arms elevated with elbows bent and fists pointing forward as shown
  4. Rotate arms upward from the starting position
  5. Hold \_\_\_\_\_ seconds, slowly relax
  6. \_\_\_\_\_ repetitions, \_\_\_\_\_ times a day
- Goal \_\_\_\_\_



SHOULDER HORIZONTAL ABDUCTION

1. Hold \_\_\_\_\_ lb weights in hands
  2. Lie on belly over bench as shown
  3. Raise arms upward
  4. Hold \_\_\_\_\_ seconds and slowly lower
  5. \_\_\_\_\_ repetitions, \_\_\_\_\_ times a day
- Goal \_\_\_\_\_