

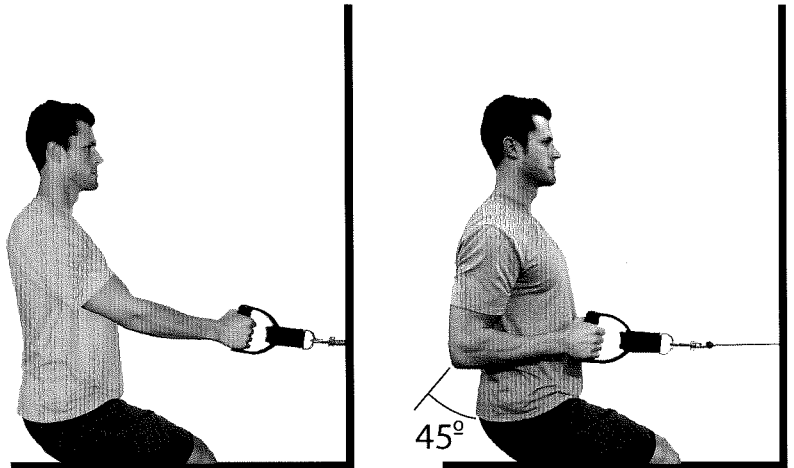
SHOULDER STRENGTHENING EXERCISES

Shoulder Service-Department of Orthopedics
University of Texas Health Science Center at
San Antonio, Starts with 1 set of 10 and
work up to 3 sets.

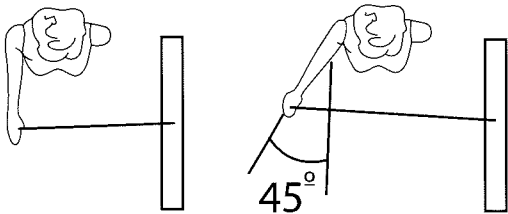
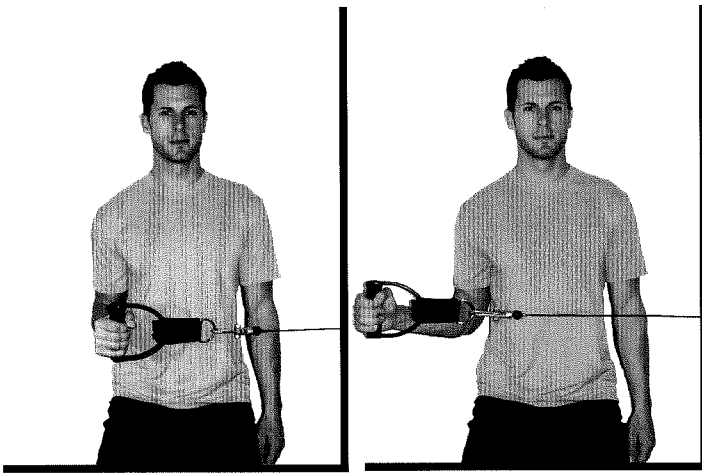
Do each exercise 2-3 times. Hold each time
for 3 counts. Do exercise program 2
time(s) EVERY OTHER DAY.

Begin with Yellow Theraband for 4 weeks.
Then use Red Theraband for 4 weeks.
Then use Green Theraband for 4 weeks.

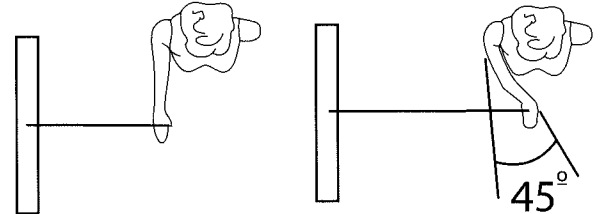
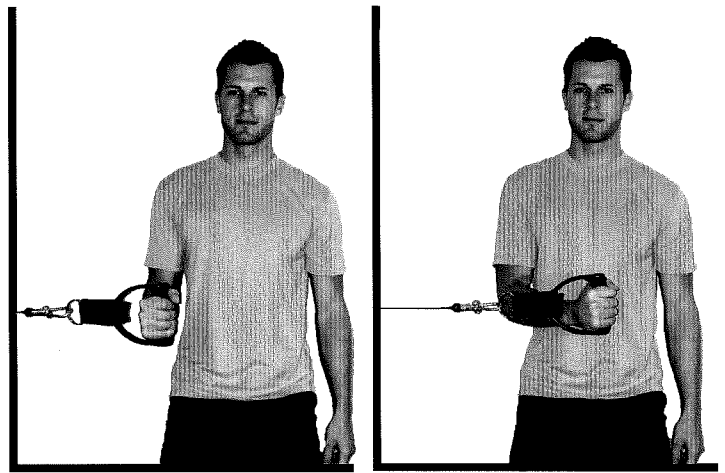
EXERCISE 3



EXERCISE 1

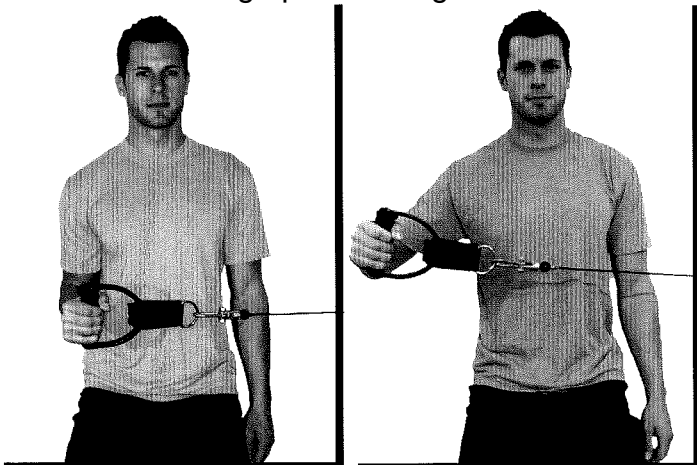


EXERCISE 4



EXERCISE 2

Do not go past 45 degrees.



EXERCISE 5

