

SHOULDER - 27

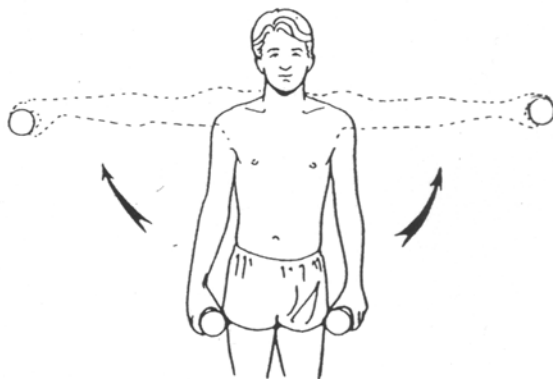
Range of Motion Exercises (Codman's Exercises):
Saws (shoulder protraction/retraction)

Supporting body weight with hand on table, reach out in front of you. Pull arm back pinching shoulder blades together.



SHOULDER - 67

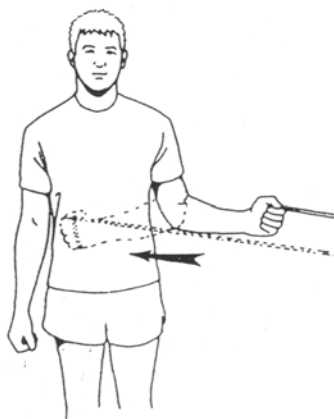
Progressive Resistive Exercises: Abduction (standing)



Raise arms out from body.

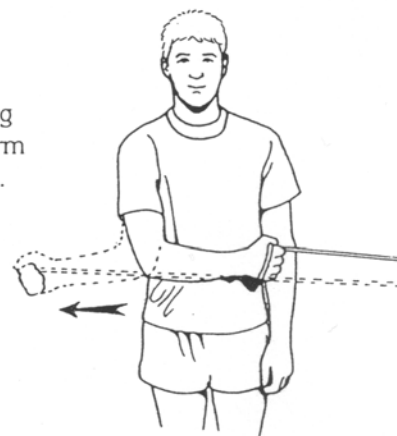
SHOULDER - 44 Strengthening Activities Active Resistive Internal Rotation

Using tubing, and keeping elbow in at side, rotate arm inward across body. Be sure to keep forearm parallel to floor.



SHOULDER - 43 Strengthening Activities Active Resistive External Rotation

Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor.



SHOULDER - 74 Supraspinatus Strengthening

Bring arm up and forward about 30 degrees from side. Elbow straight, thumb pointing down.



SHOULDER - 60 Scapular Exercises

