

Prima CARE

Orthopedics

508-646-7645
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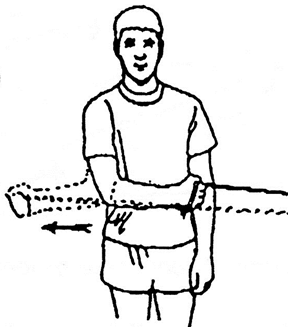
Durfee-Union Mills Complex
289 Pleasant St, Suite 202
Fall River, MA 02721

Somerset/Swansea Medical Center
67 GAR Highway
Somerset, MA 02726

SHOULDER STRENGTHENING

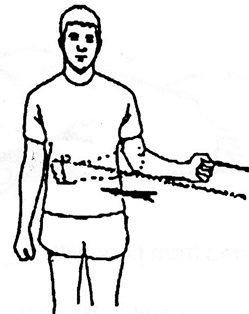
Using tubing, and keeping elbow in at side, rotate arm outward away from body. Be sure to keep forearm parallel to floor

Repeat ____ times.
Do ____ sessions per day



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

Repeat ____ times.
Do ____ sessions per day



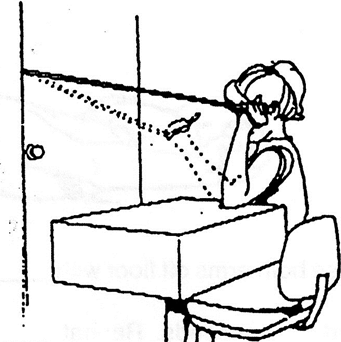
Pull tubing away from door, keeping elbow bent at a right angle.

Do ____ repetitions/set.
Do ____ sets/session.
Do ____ sessions/day.



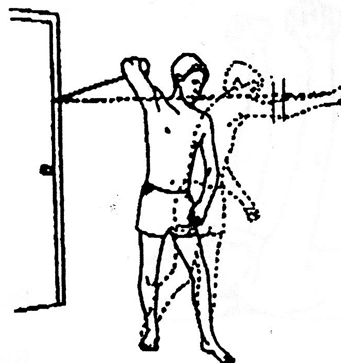
Pulling tubing away from door, keeping elbow bent at a right angle.

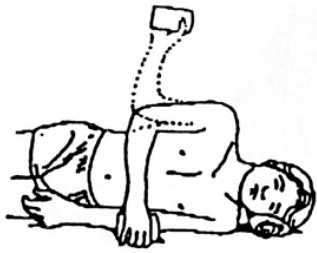
Do ____ repetitions/set.
Do ____ sets/session.
Do ____ sessions/day.



With tubing behind, pull across body as though serving in tennis or throwing a ball.

Repeat ____ times.
Do ____ sessions per day





Raise arm up toward ceiling. Keep elbow bent and in at side.

Repeat ____ times with ____ pounds.

Do ____ sessions per day.



Bring arm up toward body keeping elbow bent and in at side.

Repeat ____ times with ____ pounds.

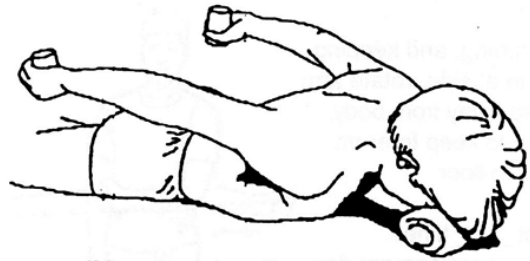
Do ____ sessions per day.



Raise arms from floor with ____ lbs.

Hold ____ seconds. Repeat ____ times.

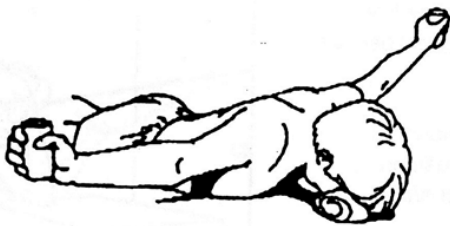
Do ____ sessions per day.



Raise arms off floor keeping elbows straight.

Repeat ____ times with ____ pounds.

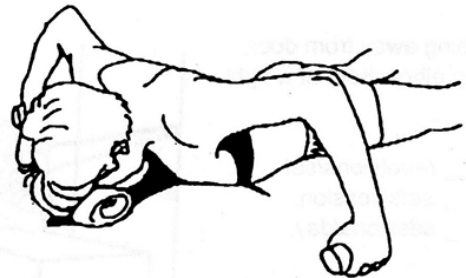
Do ____ sessions per day.



Raise both arms off floor with ____ lbs. Keep elbows straight.

Hold ____ seconds. Repeat ____ times.

Do ____ sessions per day.

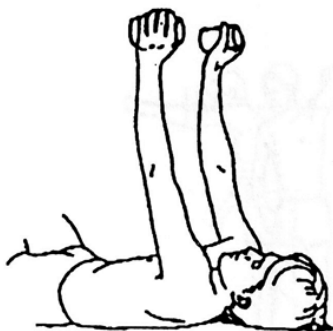


Keep arms out from sides with elbows bent.
Raise arms, pinching shoulder blades together.

Hold ____ seconds. Repeat ____ times.

Do ____ sessions per day. with ____ pounds

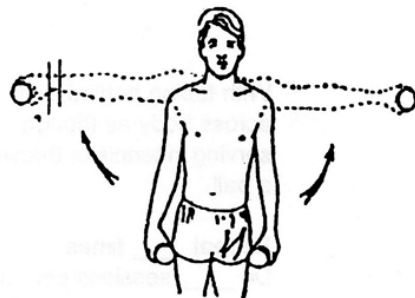
Attempt to push arms straight up to ceiling with ____ lbs. while keeping back against floor and elbows straight.



Hold ____ seconds.

Repeat ____ times.

Do ____ sessions per day.



Raise arms out from body.

Repeat ____ times.

Do ____ sessions per day.