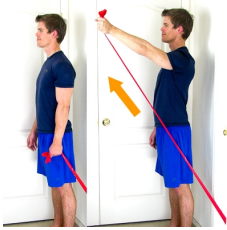


1



## ELASTIC BAND SHOULDER FLEXION

While holding an elastic band at your side, draw up your arm up in front of you keeping your elbow straight.

5



## ELASTIC BAND SHOULDER EXTERNAL ROTATION - ER

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow at your side the entire time.

2



## ELASTIC BAND SHOULDER ABDUCTION

While holding an elastic band at your side, draw up your arm to the side keeping your elbow straight.

6



## ELASTIC BAND SHOULDER INTERNAL ROTATION - IR

While holding an elastic band at your side with your elbow bent, start with your hand away from your stomach, then pull the band towards your stomach. Keep your elbow near your side the entire time.

3



## ELASTIC BAND EXTENSION BILATERAL SHOULDER

While holding an elastic band with both arms in front of you with your elbows straight, pull the band downwards and back towards your side.

7



## ELASTIC BAND ROWS

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body.

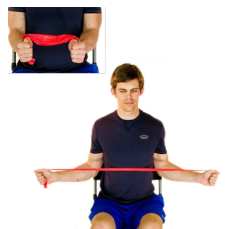
4



## ELASTIC BAND SHOULDER ADDUCTION

While holding an elastic band away from your side, pull the band towards your side. Keep your elbow straight.

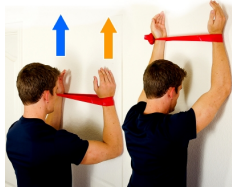
8



## ELASTIC BAND BILATERAL EXTERNAL ROTATION - ER

While holding an elastic band with your elbows bent, pull your hands away from your stomach area. Keep your elbows near the side of your body.

9



## SERRATUS WALL SLIDE - ELASTIC BAND

Place an elastic band around your arms at the level of your wrists as shown. Next, place your forearms and hands along a wall so that your elbows are bent and your arms point towards the ceiling.

Then, protract your shoulder blades forward and then slide your arms up the wall as shown.

Return to the original position and repeat.

12



## PRONE T OVER EXERCISE BALL

Lie face down over an exercise ball with your elbows straight. Slowly raise your arms upward and return to original position.

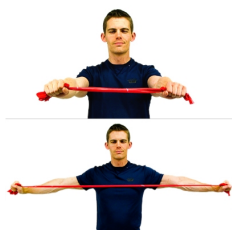
13



## EXERCISE BALL - PRONE W - ER

Lie face down over an exercise ball with your elbows bent. Slowly raise your arms upward as you retract your shoulder blades and then return to original position. Your palms should be directed downward the entire time.

10



## ELASTIC BAND BILATERAL HORIZONTAL ABDUCTION

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side.

14



## EXERCISE BALL - PRONE Y - THUMBS UP

Lie face down over an exercise ball with your elbows straight and arms out in front of your body as shown. The shoulder should be approximately 120 degrees abducted.

Slowly raise your arms upward and return to original position. Your thumbs should be pointed upwards the entire time.

11



## EXERCISE BALL - PRONE EXTENSION

Lie face down over an exercise ball with your elbows straight and along the side of your body as shown. Next, slowly raise your arms upward along your side and then return to original position.