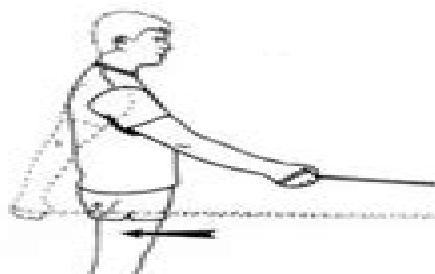


SHOULDER - 45

Strengthening Activities: Active Resisted Extension

Using tubing, pull arm back. Be sure to keep elbow straight.



Repeat 20 times.
Do 2 sessions per day.

SHOULDER - 44

Strengthening Activities: Active Resisted Internal Rotation

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



Repeat 20 times.
Do 2 sessions per day.

SHOULDER - 43

Strengthening Activities: Active Resisted External Rotation

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

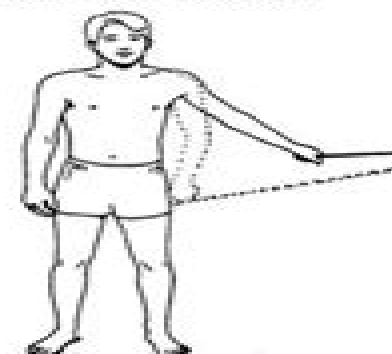


Repeat 20 times.
Do 2 sessions per day.

SHOULDER - 46

Strengthening Activities: Active Resisted Adduction

Using tubing, pull arm in toward buttock. Do not twist or rotate trunk.



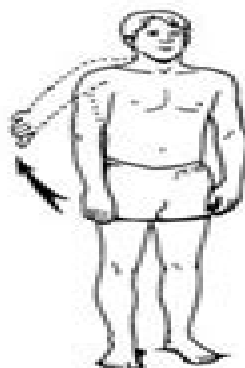
Repeat 20 times.
Do 2 sessions per day.

SHOULDER - 74

Supraspinatus Strengthening

2#

Raise arm diagonally from hip to just below shoulder level. Keep elbow straight and thumb pointing down.



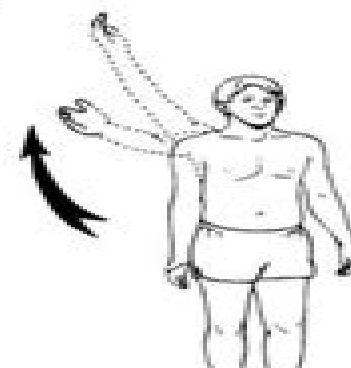
Repeat 20 times per set.
Do sets per session.
Do 2 sessions per day.

SHOULDER - 75

Scaption with External Rotation

5#

Raise arm diagonally from hip. Keeping elbow straight and thumb pointing up, raise arm above head.



Repeat 20 times per set.
Do sets per session.
Do 2 sessions per day.

Occupational Therapy Exercise Handouts

Ora Leonard Huddleston



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