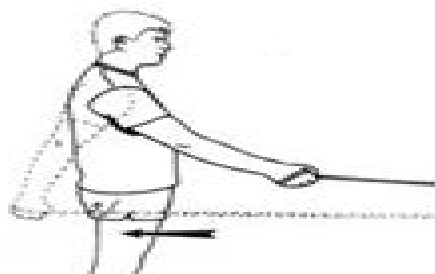


SHOULDER - 45

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.

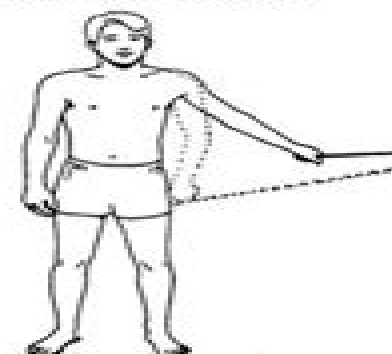


Repeat 20 times.
Do 2 sessions per day.

SHOULDER - 46

Strengthening Activities: Active Resisted Adduction

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



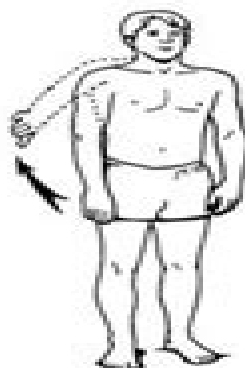
Repeat 20 times.
Do 2 sessions per day.

SHOULDER - 74

Supraspinatus Strengthening

2#

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



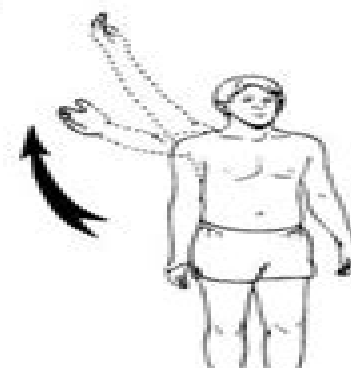
Repeat 20 times per set.
Do sets per session.
Do 2 sessions per day.

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

Lingsheng Yao



Occupational Therapy Exercise Handouts:

Unveiling the Magic of Words: A Review of "**Occupational Therapy Exercise Handouts**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Occupational Therapy Exercise Handouts**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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