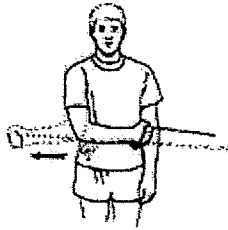


Routine For:
Created By: BILL PEROUTKA, MPT, ATC

May 06, 2005

SHOULDER - 43
Strengthening Activities: Active Resisted External Rotation

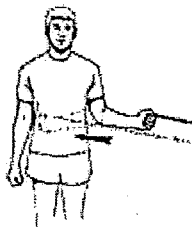
Using tubing, keep elbow in at side and rotate arm outward away from body. Be sure to keep forearm parallel to floor



Repeat 30-90 times
Do 1-2 sessions per day.

SHOULDER - 44
Strengthening Activities: Active Resisted Internal Rotation

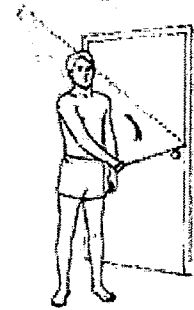
Using tubing, keep elbow in at side and rotate arm inward across body. Be sure to keep forearm parallel to floor.



Repeat 30-90 times.
Do 1-2 sessions per day.

SHOULDER - 49
Strengthening Activities: Active Resisted Diagonal

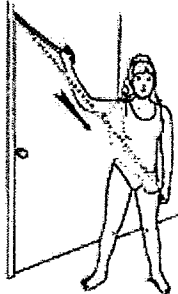
Using tubing, start with arm across body, palm facing backward. Pull arm across body and over head so palm now faces forward



Repeat 30-90 times.
Do 1-2 sessions per day.

SHOULDER - 52
Strengthening Activities: Resisted Diagonal Shoulder Extension

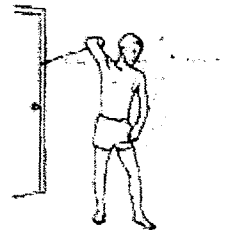
Grasp tubing with arm above and behind you. Bring arm down across body. Return slowly to starting position



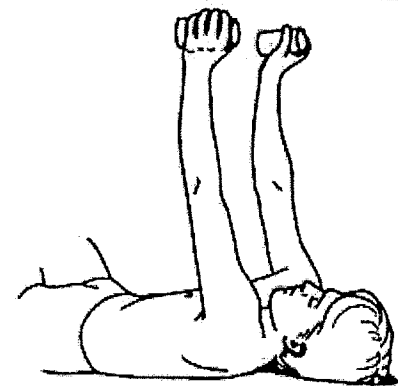
Repeat 30-90 times.
Do 1-2 sessions per day.

SHOULDER - 55
Functional Pattern Strengthening Activities
Serving/Throwing

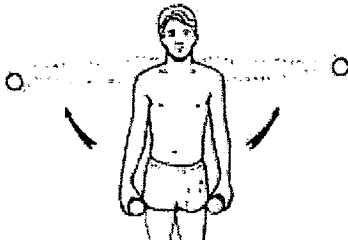
With tubing behind, pull across body as though serving in tennis or throwing a ball



Repeat 30-90 times.
Do 1-2 sessions per day.

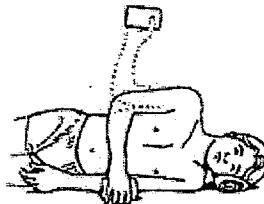


SHOULDER - 67
Progressive Resisted Exercises: Abduction (standing)



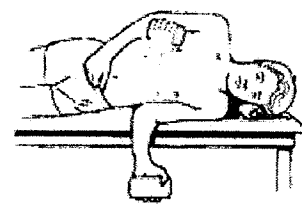
Holding 0-5 lb weights, raise arms out to sides
Repeat 10-30 times Do 1-2 sessions per day.

SHOULDER - 68
Progressive Resisted Exercises: External Rotation (side-lying)



Holding 0-5 lb weight, raise arm toward ceiling. Keep elbow bent and in at side.
Repeat 30-90 times Do 1-2 sessions per day.

SHOULDER - 69
Progressive Resisted Exercises: Internal Rotation (side-lying)



Holding 0-5 lb weight, bring arm up toward body, keeping elbow bent and in at side.
Repeat 30-90 times. Do 1-2 sessions per day.

SHOULDER - 74
Supraspinatus Strengthening

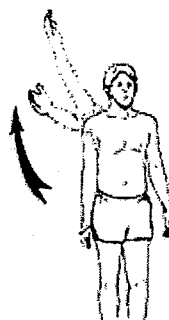
Raise arm diagonally from hip to just below shoulder level. Keep elbow straight and thumb pointing down



Repeat 10-30 times per set
Do 1-2 sets per session
Do 1-2 sessions per day

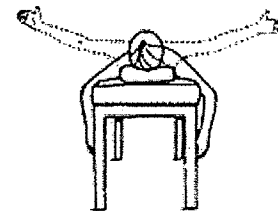
SHOULDER - 75
Scaption with External Rotation

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



Repeat 10-30 times per set
Do 1-2 sets per session
Do 1-2 sessions per day.

SHOULDER - 76
Prone Horizontal Abduction with External Rotation



Raise arms straight out to sides, bringing shoulder blades closer together. Keep elbows straight and thumbs up
Repeat 10-30 times per set Do 1-2 sets per session
Do 1-2 sessions per day

