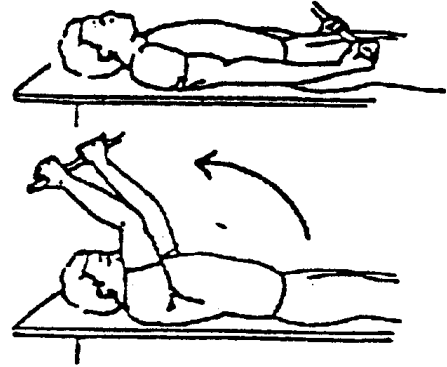


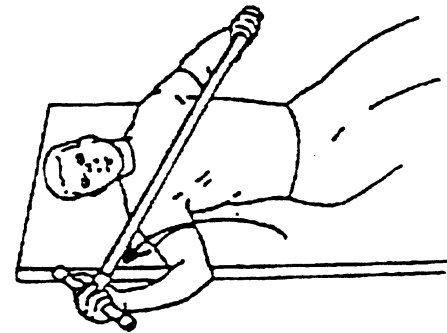
# Fundamental Shoulder Exercises

## Range of Motion Exercises

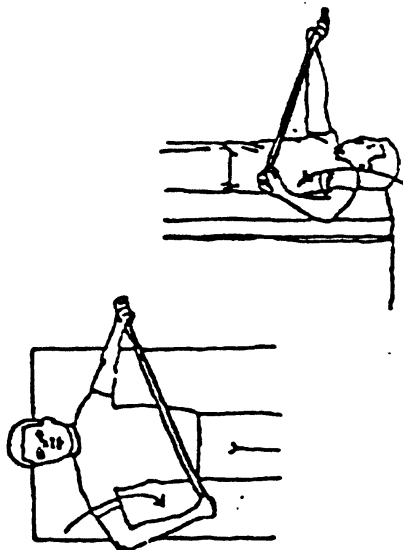
**1. L-Bar Flexion:** Lie on back and grip L-Bar between index finger and thumb, elbows straight. Raise both arms overhead as far as possible keeping thumbs up. Hold for \_\_\_ seconds and repeat \_\_\_\_\_ times



**2. L-Bar External Rotation, Scapular Plane:** Lie on back with involved arm  $45^{\circ}$  from body and elbow bent at  $90^{\circ}$ . Grip L-Bar in the hand of involved arm and keep elbow in flexed position. Using uninvolved arm, push involved arm into external rotation. Hold for \_\_\_\_\_ seconds, return to starting position. Repeat \_\_\_\_\_ times



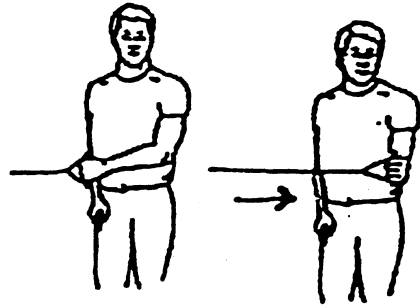
**3. L-bar Internal Rotation, Scapular Plane:** Lie on back with involved arm  $45^{\circ}$  from body and elbow bent at  $90^{\circ}$ . Grip L-Bar in the hand of involved arm and keep elbow in flexed position. Using the uninvolved arm, push involved arm into internal rotation. Hold for \_\_\_\_\_ seconds, return to starting position. Repeat \_\_\_\_\_ times



## Strengthening Exercises

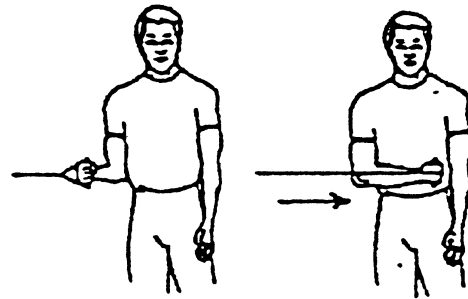
### 1. TUBING, EXTERNAL ROTATION:

Standing with involved elbow fixed at side, elbow bent to 90° and involved arm across the front of the body. Grip tubing handle while the other end of tubing is fixed. Pull out with arm, keeping elbow at side. Return tubing slowly and controlled. Perform \_\_\_\_\_ sets of \_\_\_\_\_ reps.



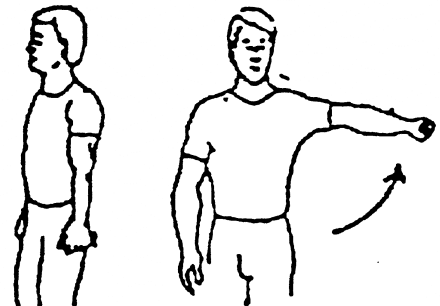
### 2. TUBING, INTERNAL ROTATION:

Standing with elbow at side fixed at 90° and shoulder rotated out. Grip tubing handle while other end of tubing is fixed. Pull arm across body keeping elbow at side. Return tubing slowly and controlled. Perform \_\_\_\_\_ sets of \_\_\_\_\_ reps.



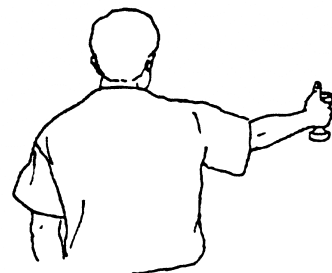
3. LATERAL RAISES TO 90°: Standing with arm at side, elbow straight, and palm against side. Raise arm to side, rotating palm up as arm reaches 90°. Do not go above shoulder height.

Hold for \_\_\_\_\_ seconds and lower slowly. Perform \_\_\_\_\_ sets of \_\_\_\_\_ reps.



4. "FULL CAN": Stand with elbow extended and thumb up. Raise arm to shoulder level at 30° angle in front of body. Do not go above shoulder level.

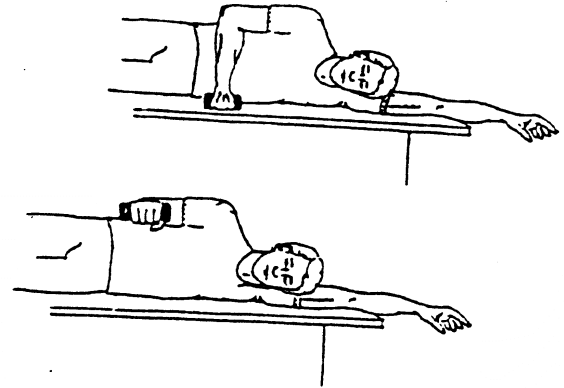
Hold for \_\_\_\_\_ seconds and lower slowly. Perform \_\_\_\_\_ sets of \_\_\_\_\_ reps.



**5. SIDE-LYING EXTERNAL ROTATION:**

Lie on uninvolved side, with involved arm at side of body and elbow bent to 90°. Keeping the elbow of involved arm fixed to side, raise arm.

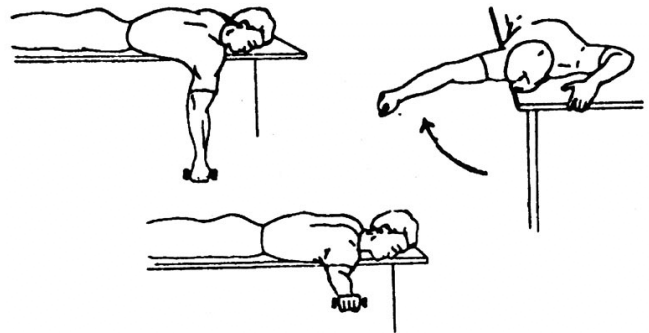
Hold \_\_\_\_\_ seconds and lower slowly.  
Perform \_\_\_\_\_ sets of \_\_\_\_\_ reps.



**6. PRONE HORIZONTAL ABDUCTION:**

Lie on table, face down, with involved arm hanging straight to floor and palm facing down. Raise arm out to the side, parallel to the floor.

Hold \_\_\_\_\_ seconds and lower slowly.  
Perform \_\_\_\_\_ sets of \_\_\_\_\_ reps.



**7. PRONE ROWING:** Lying on your stomach with your involved arm hanging over the side of the table, dumbbell in hand and elbow straight. Slowly raise arm, bending elbow, and bring dumbbell as high as possible.

Hold at the top for \_\_\_\_\_ seconds, then lower slowly. Perform \_\_\_\_\_ sets of \_\_\_\_\_ reps.

