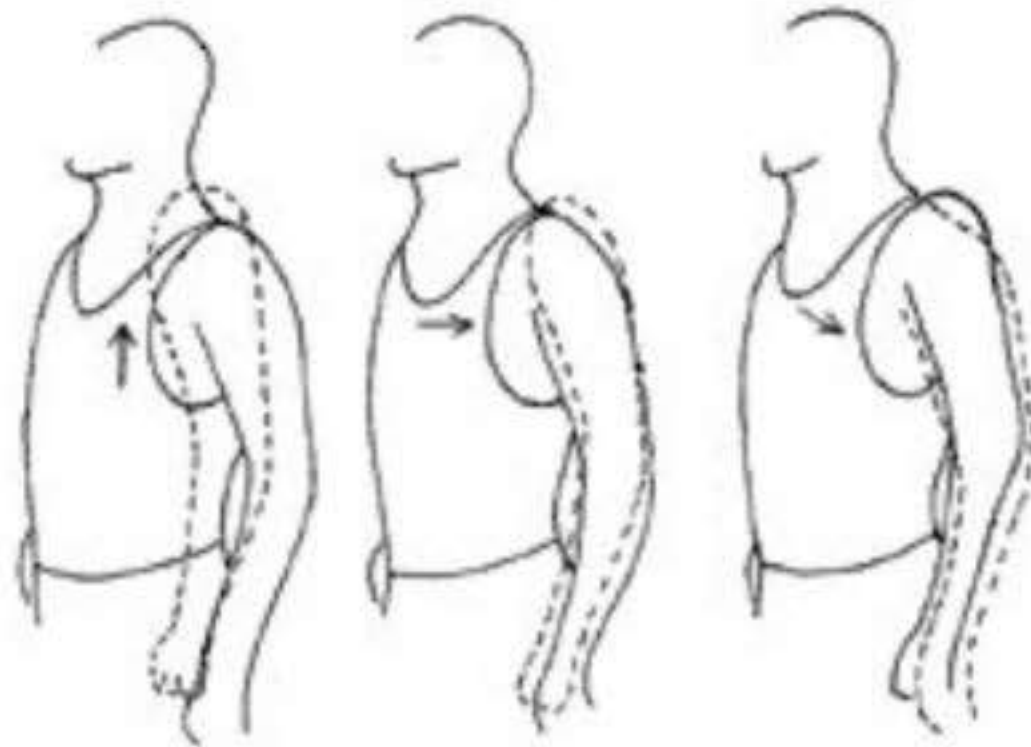
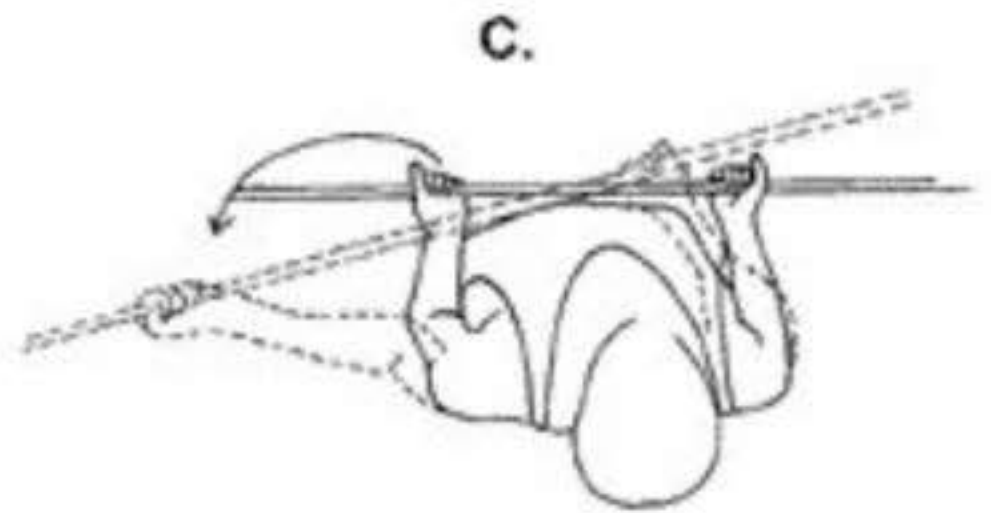
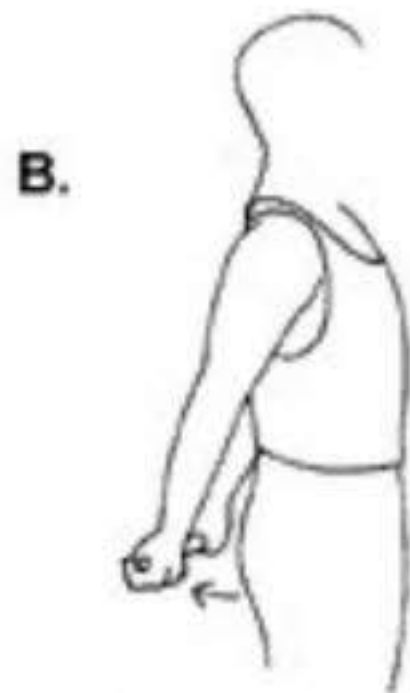
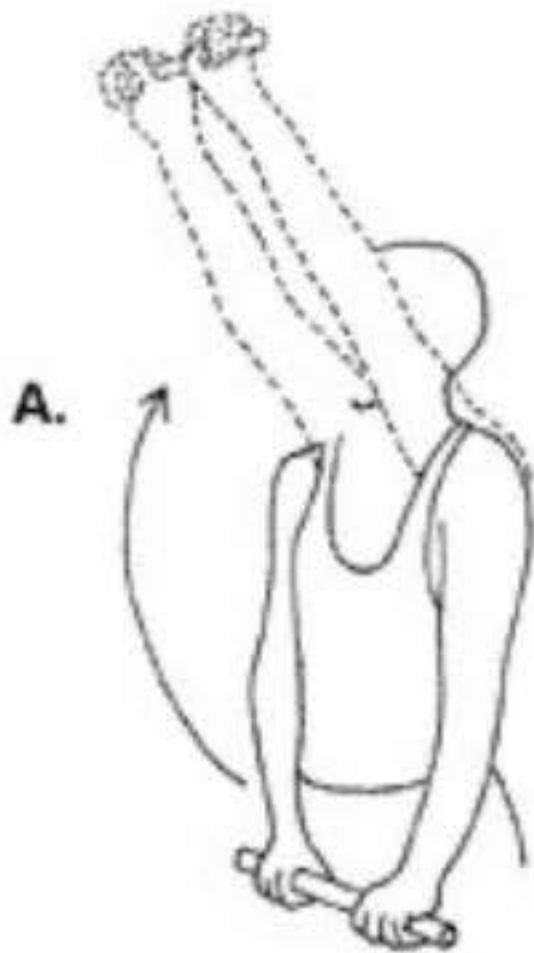


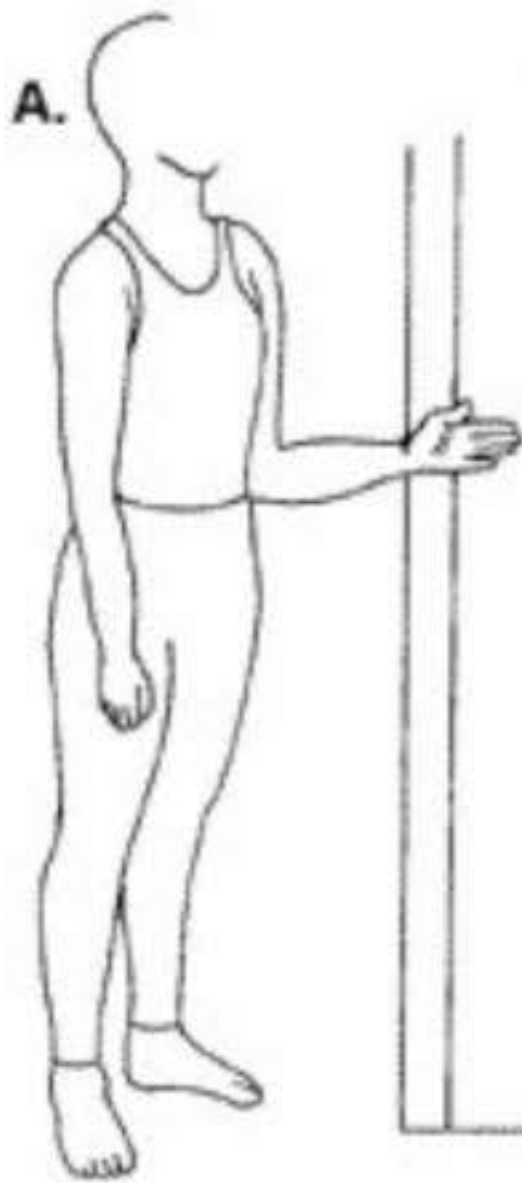
Rotator Cuff Injury Exercises



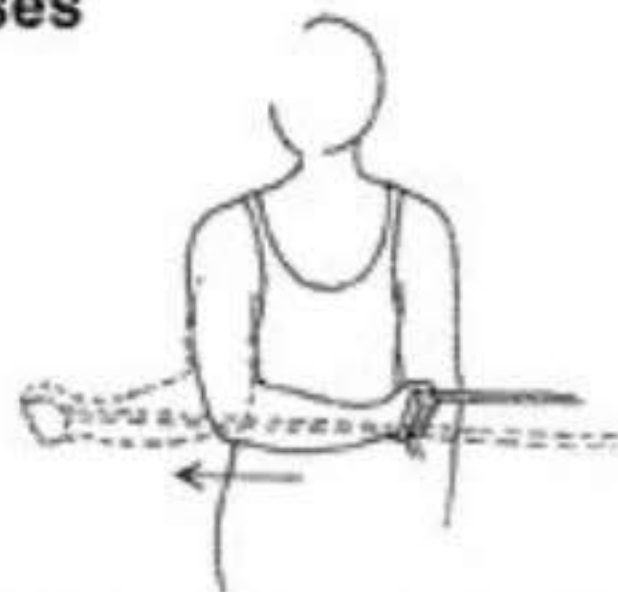
Scapular range of motion



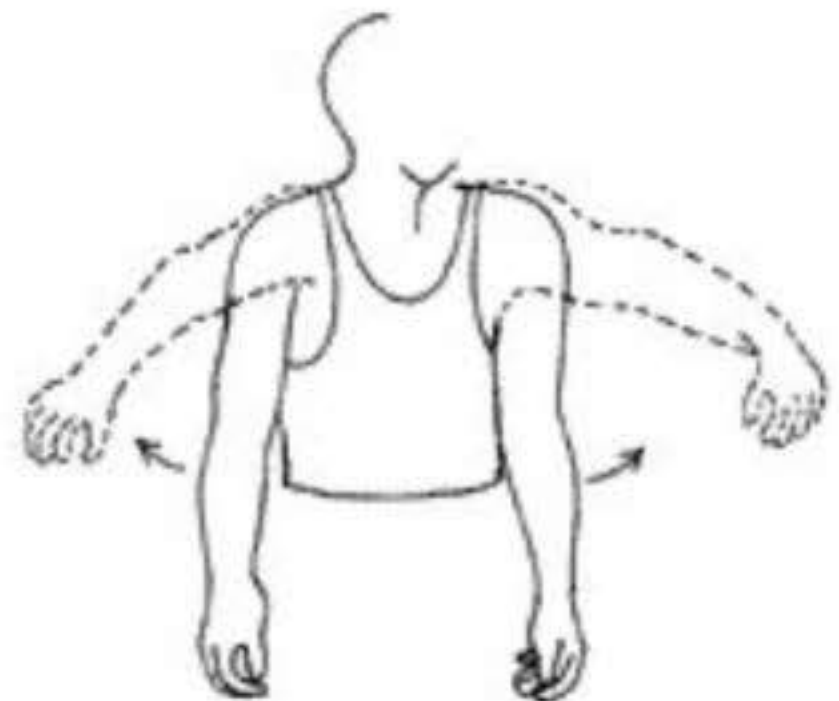
Wand exercises



Isometrics



Tubing exercise for external rotation



Supraspinatus exercise

Upper Extremity Stretches

Perform each stretch 3-5 times and hold 8-15 seconds



SHOULDERS & MID-UPPER BACK



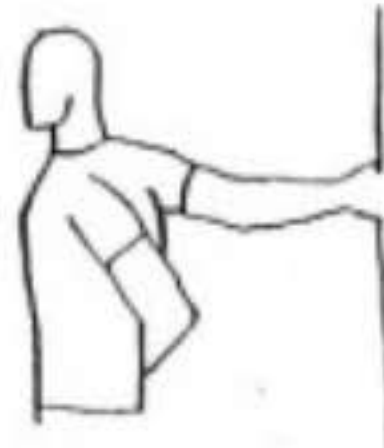
TRICEPS & SHOULDERS



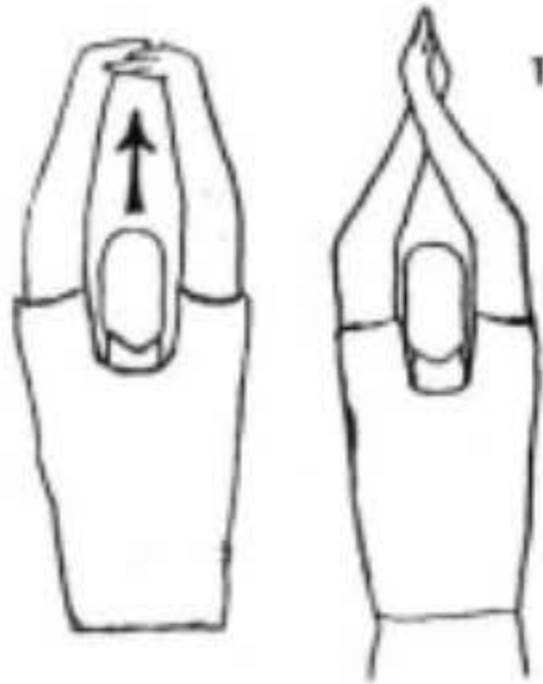
SHOULDERS & TRICEPS



TRICEPS



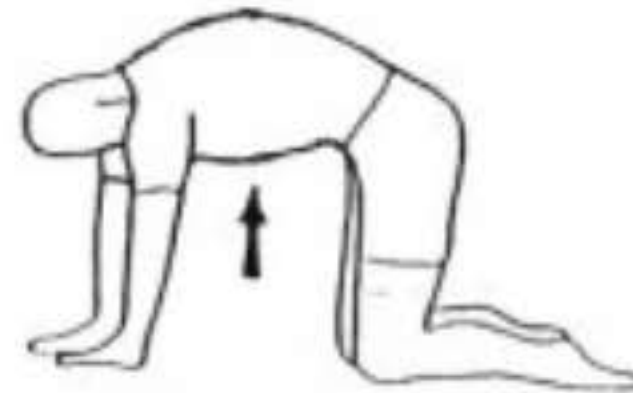
BICEPS & SHOULDERS



ARMS & SHOULDERS



CHEST & SHOULDERS



BACK



NECK & SHOULDER



FOREARMS



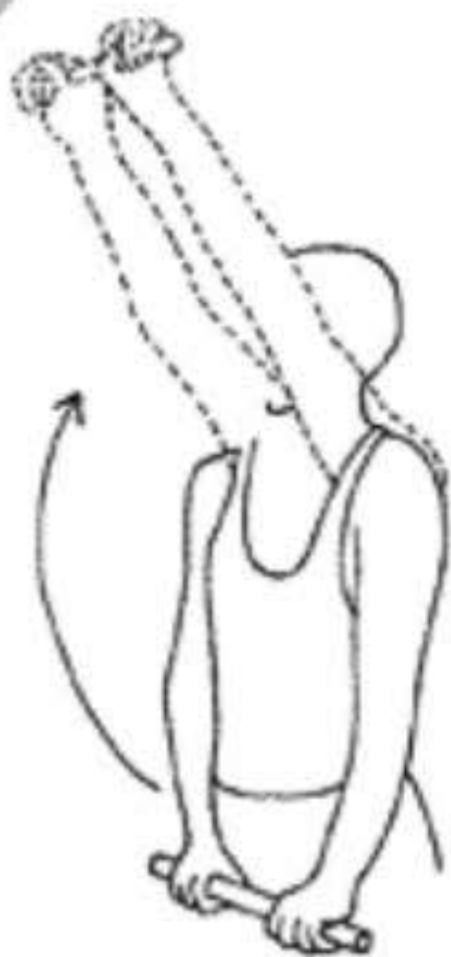
SHOULDERS & TRICEPS & SIDES



TRICEPS & SIDES



Frozen Shoulder Exercises



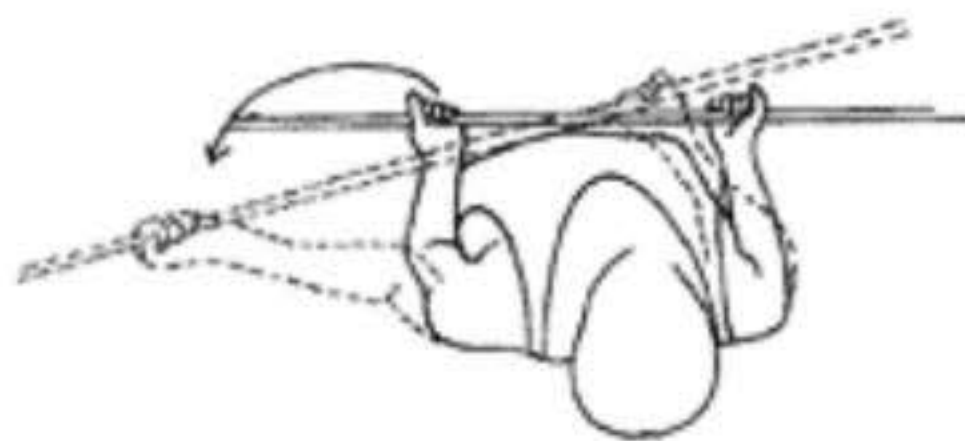
Shoulder flexion



Shoulder extension



Shoulder abduction



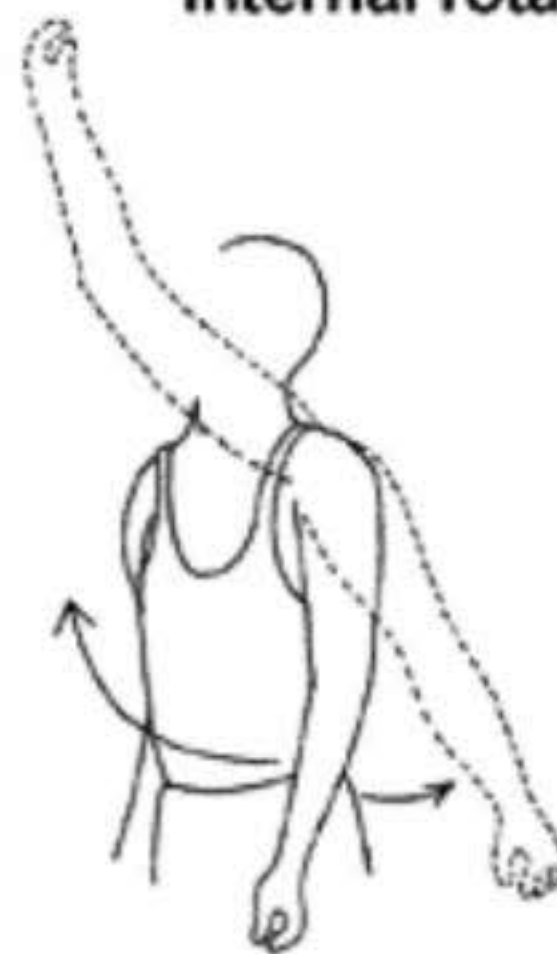
External rotation



Internal rotation



Scapular range of motion



Single arm flexion

Upper Back Exercises



Pectoralis stretch



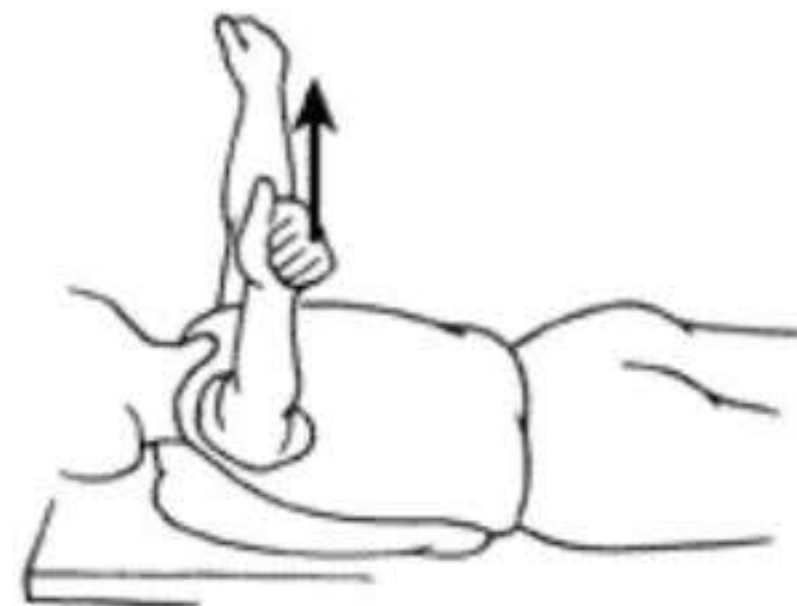
Thoracic extension



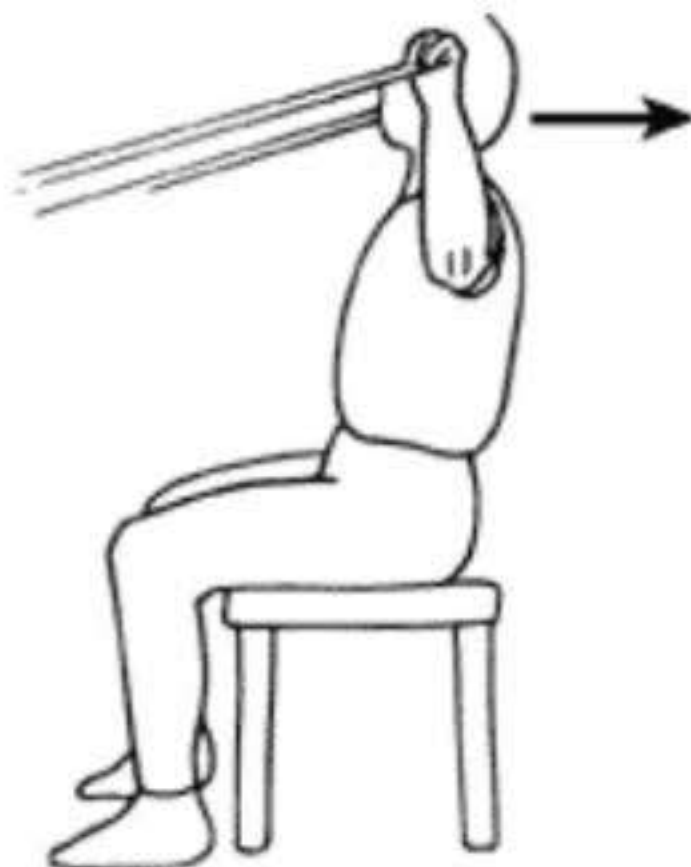
Arm slides on wall



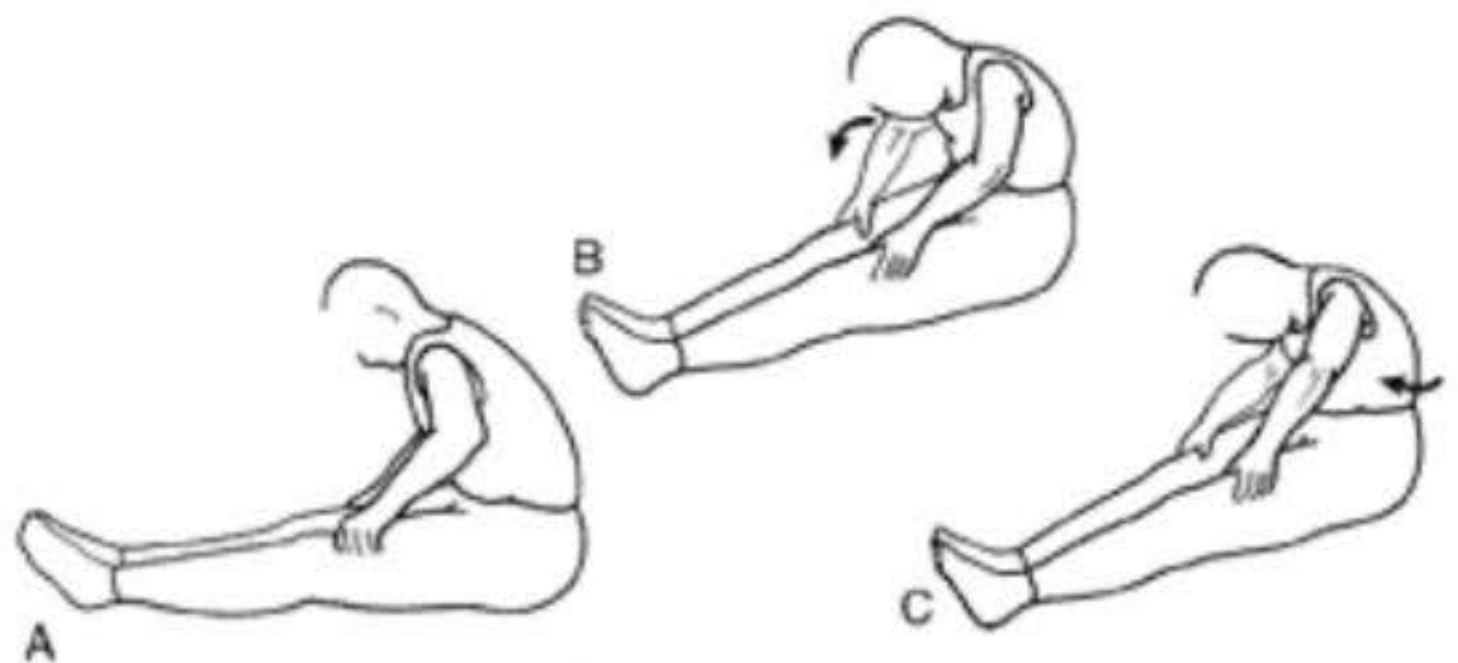
Scapular squeezes



Mid-trap exercise



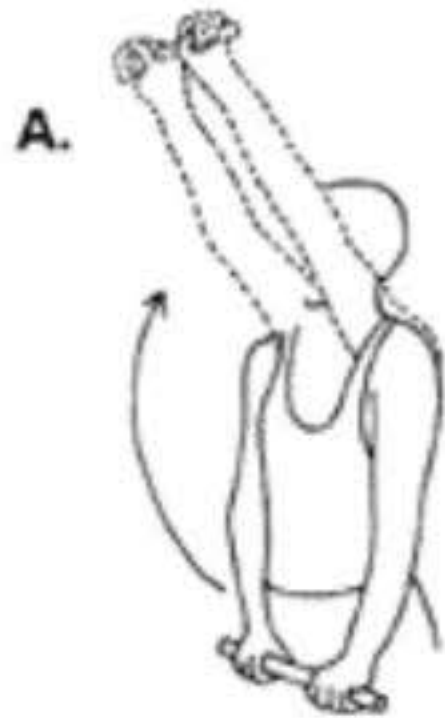
Rowing exercise



Thoracic stretch



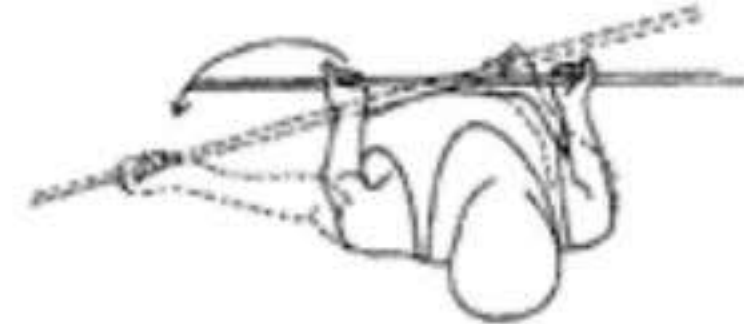
Shoulder Separation Exercises - Phase I



A.



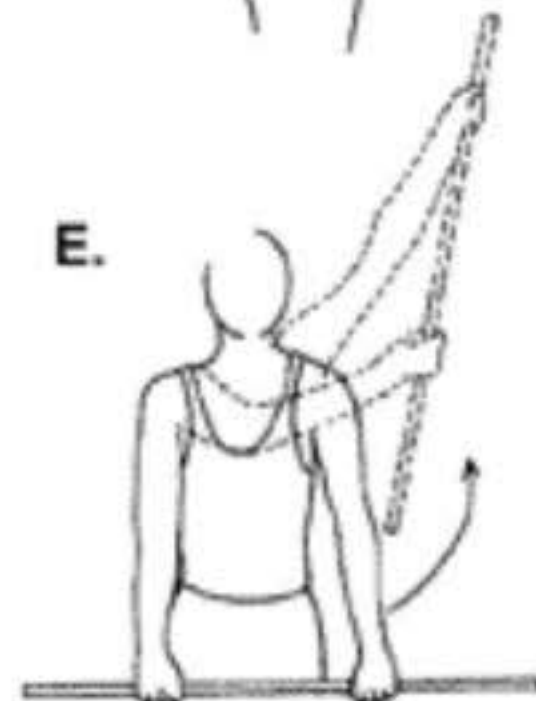
B.



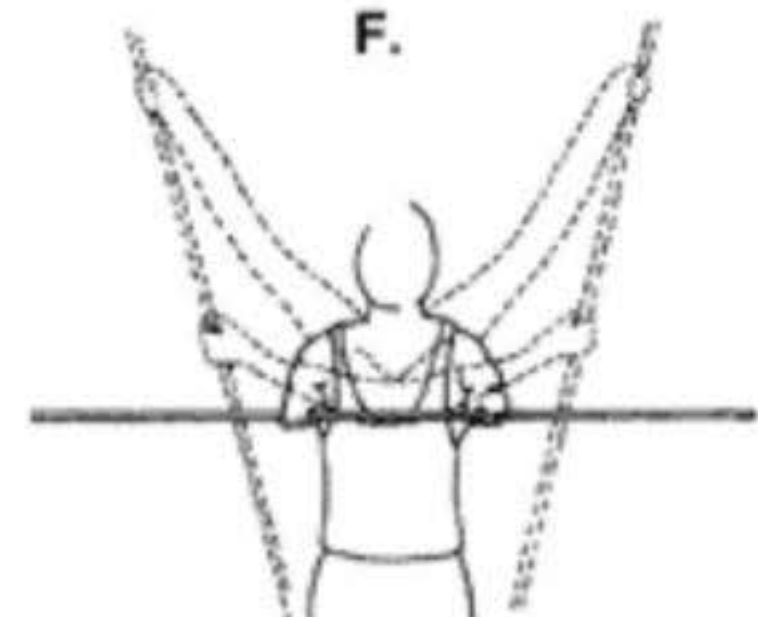
C.



D.



E.

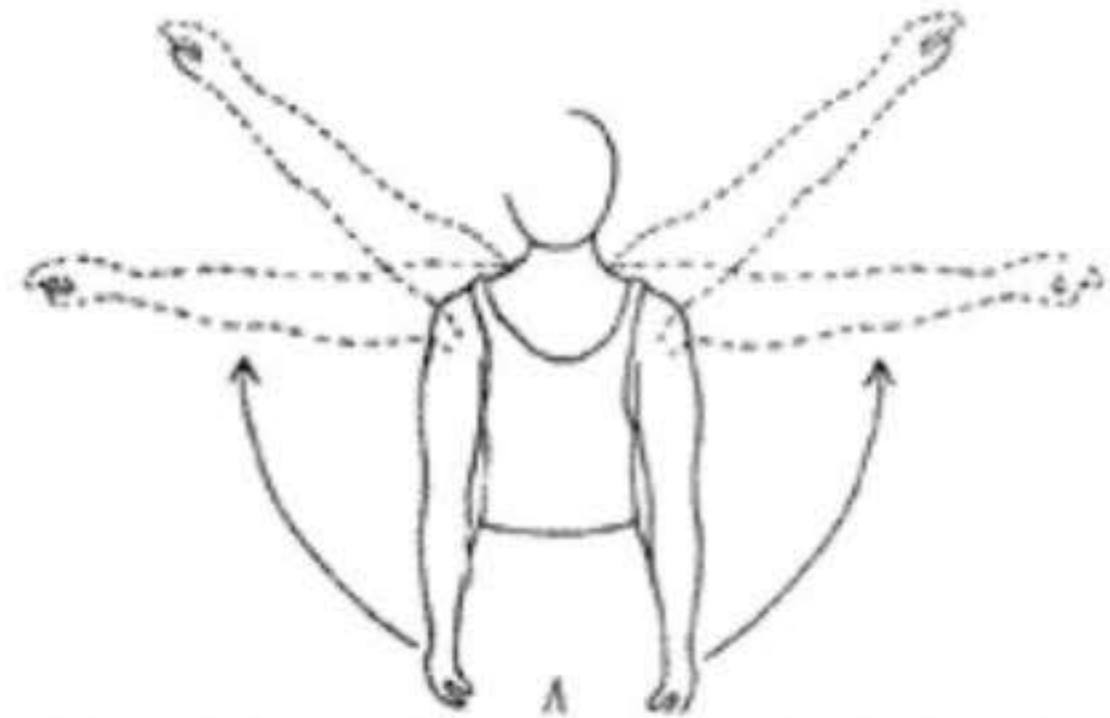


F.

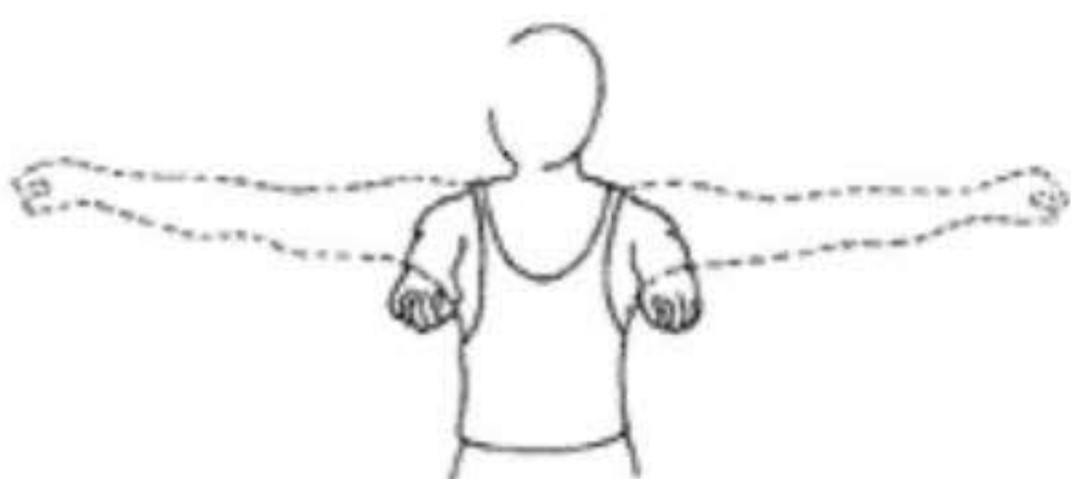
Wand exercises



Shoulder flexion



Shoulder adduction and abduction



Horizontal abduction and adduction



Shoulder extension



Scapular range of motion