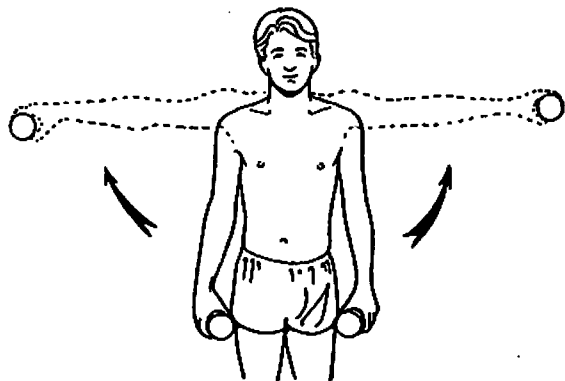


# Shoulder Exercises

## SHOULDER - 67

Progressive Resistive Exercises: Abduction (standing)



Raise arms out from body.

Repeat \_\_\_\_\_ times with \_\_\_\_\_ pounds.

Do \_\_\_\_\_ sessions per day.

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## SHOULDER - 74 Supraspinatus Strengthening

Bring arm up and forward about 30 degrees from side. Elbow straight, thumb pointing down.



Repeat \_\_\_\_\_ repetitions/set.

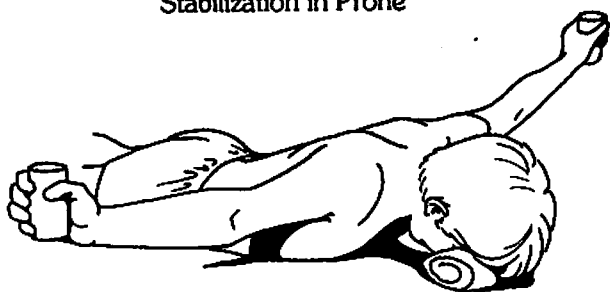
Do \_\_\_\_\_ sets/session.

Do \_\_\_\_\_ sessions/day.

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## SHOULDER - 58

Scapular Exercises  
Stabilization in Prone



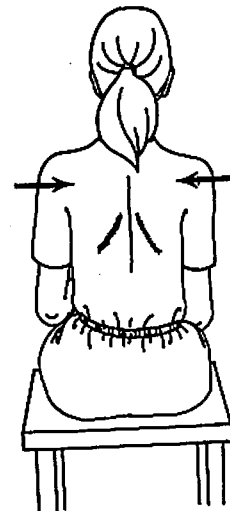
Raise both arms off of floor with \_\_\_\_\_ lbs. Keep elbows straight.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

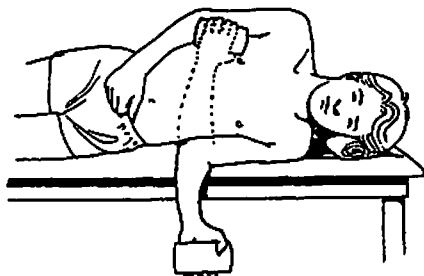
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Scapular Adduction — Active  
Pinch shoulder blades together. Do not shrug shoulders.  
Hold \_\_\_\_\_ counts.  
Repeat \_\_\_\_\_ times.



## SHOULDER - 69

Progressive Resistive Exercises  
Internal Rotation (sidelying)



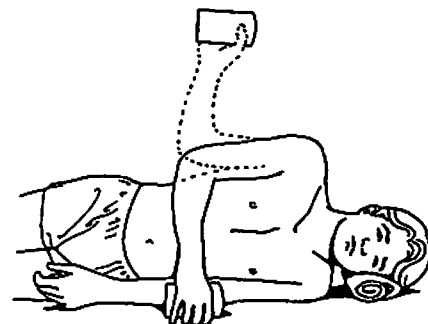
Bring arm up toward body keeping elbow bent and in at side.

Repeat \_\_\_\_\_ times with \_\_\_\_\_ pounds.

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## SHOULDER - 68

Progressive Resistive Exercises  
External Rotation (sidelying)



Raise arm up toward ceiling. Keep elbow bent and in at side.

Repeat \_\_\_\_\_ times with \_\_\_\_\_ pounds.

Do \_\_\_\_\_ sessions per day.

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